Wednesday's Jackpot
$7,000,000
estimated
LOTTO 649

WISTERIA LANE'S DEAD END
FELICITY HUFFMAN SHEDS TEARS {page 9}

SURVIVOR
SEAN KINGSTON RECOVERS AFTER ACCIDENT {page 10}

LES PRÉSENTES NE SONT PAS LES RÈGLEMENTS OFFICIELS DU CONCOURS. AUCUN ACHAT REQUIS. Le concours se termine le 29 août 2011. Trouvez l'une des 10 clés gagnantes et remportez la prix suivant : un voyage VALEUR MARCHANDE APPROXIMATIVE : 2 620 $ et la possibilité d'un approvisionnement annuel en tablettes de chocolat Caramilk (365) pendant 25 ans (1) au choix de 10 858,75 $. Les chances de gagner ne sont pas moins d'une sur 1 630 933. Un finaliste possède une chance sur 10 de gagner 250 000 $. Le participant doit avoir l'âge de la majorité. Question réglementaire d'ordre mathématique obligatoire. Pour obtenir les règlements complets, visitez le site caramilk.ca ou composez le 1-866-782-3267.

TORONTO metro®
Tuesday, August 9, 2011
www.metronews.ca
News worth sharing.

Rogers. Cup

▶ Simona Halep of Romania hammers a forehand against Svetlana Kuznetsova of Russia in first-round Rogers Cup action at York University yesterday.

RENE JOHNSTON/TORSTAR NEWS SERVICE

Qualifiers cause upsets on opening day

Simona Halep, ranked 55th, rallied after dropping the opening set at the Rogers Cup to stun the 15th-ranked Svetlana Kuznetsova of Russia. The 19-year-old Halep had advanced after defeating Toronto's Sharon Fichman in final-round qualifying Sunday. Earlier, Galina Voskoboeva, the qualifier from Kazakhstan, eliminated No. 9 seed Marion Bartoli of France. More coverage, page 26.

Toronto's scorn is grist for Hamilton

The Hammer's mayor wants Atwood to drop by his city's sparkling new library

It's poised to become a battle worthy of a novel.

Hamilton Mayor Bob Bratina has invited Canadian literary icon Margaret Atwood to tour his city's newly renovated central library — a tongue-in-cheek jab at the Rob Ford administration's refusal to take closing libraries off Toronto's list of potential cost-cutters.

Atwood, a vocal critic of Coun. Doug Ford's contention that libraries, festival funding and arts grants are fair game for the budget axe, suggested that "contempt for creative people" could drive activity to cities like Hamilton.

"No one in Canada could possibly have missed your recent encounter in Toronto," Bratina writes in his letter to Atwood. "It inspired us here in Hamilton to express to you our support for Canadian literature and culture, and our concern that someone of your stature as a Canadian cultural icon would be confronted with even the vaguest notion of obscurity or anonymity."

Bratina's comments are a not-so-subtle dig at Doug Ford's now-infamous claim that if Atwood walked by, "I wouldn't have a clue who she is" — a comment he later retracted.

Bratina said he was "taken aback" by the notion that one of Canada's biggest literary stars "didn't seem to matter that much" in Canada's biggest city.

TORSTAR NEWS SERVICE

Claims to fame

Hamilton, despite its working-class image, is already known for its artistic credentials.

▶ The town of 600,000 has spawned some of the world's most successful musicians and performers, including Rush drummer Neil Pert, folk singer Stan Rogers and comedian Martin Short.

RBC Royal Bank®

Freedom, flexibility and real value in everyday banking.

GOT IT.

Switch to an RBC® all-inclusive banking package and get more every day.

NON-RBC ATM ACCESS FEE REFUNDED[1]
Who wants to spend time – or money – hunting around for an ATM? Switch to RBC and enjoy using any major bank's ATM, minus the access fee.

ANNUAL FEE REBATES ON ELIGIBLE RBC® CREDIT CARDS[2]
Want to collect valuable rewards and save money, year after year? RBC's got that, too, with rebates on the annual fees on your rewards credit card.

NO MINIMUM BALANCE REQUIREMENTS
The only person who should decide how much your balance will be... is you. With RBC, do what you want with every dollar. It's your money after all.

Banking is more than just transactions. Get more of what you want – and more of what you need – with an RBC all-inclusive banking package. And get up to $300 in gift cards.

Switch to an RBC all-inclusive banking package and get up to 37,500 RBC Rewards® points†

RBC VIP Banking
15,000 points

\+ RBC® Visa Infinite‡ Avion® Card
15,000 points

\+ RBC High Interest eSavings® account
2,500 points

\+ CustomSwitch®
5,000 points

37,500
RBC Rewards points

ENOUGH FOR **$300** IN GIFT CARDS†

Get up to **$300** in gift cards†

SWITCH TODAY!
rbc.com/better
1-866-660-0340

Advice you can bank on™

† To get $300 worth of gift cards/certificates, you will need a total of 36,000 RBC Rewards® points. You will receive 15,000 RBC Rewards points when you open an RBC VIP Banking® account by August 31, 2011 and fulfill all the other qualifying criteria as indicated in the full terms and conditions available at www.rbc.com/termsandconditions by September 30, 2011. You will receive an additional 5,000 RBC Rewards points if you use our CustomSwitch® service to close your Canadian dollar personal banking account with another Canadian financial institution by August 31, 2011 and transfer the balance of such account to your new RBC VIP Banking account by September 30, 2011. You will receive 2,500 points when you open an RBC High Interest® eSavings account by August 31, 2011. Plus, if you apply for an RBC Visa Infinite‡ Avion® card by August 31, 2011 and get approved, you will receive an additional 15,000 welcome bonus RBC Rewards points. Upon enrolment, 15,000 bonus RBC Rewards points will appear on your first credit card statement. Existing RBC Visa Infinite Avion, RBC Visa Platinum Avion, British Airways‡ Visa Platinum, Cathay Pacific‡ Visa Platinum, Visa Platinum Preferred and Visa Gold Preferred cardholders, transferring to an RBC Visa Infinite Avion card as of the offer eligibility period, are not eligible for this offer. This offer may not be combined or used in conjunction with any other offer. Minimum redemption of 3,000 RBC Rewards points for most $25 gift cards/certificates. Some exceptions apply. Point redemption values may fluctuate. For general redemption terms, conditions and restrictions that apply to the RBC Rewards program, as well as for current point redemption values, please visit www.rbcrewards.com or call 1-800-769-2512. [1] The number of non-RBC ATM transactions refunded per month is unlimited for VIP Banking only. For other accounts, the number of free non-RBC ATM transactions depends on which account you hold. ATM operator surcharge (also called convenience fee) charged by other ATM operators may apply. [2] The amount of the annual fee rebate depends on which banking package and credit card you hold. As a sole or joint owner of an RBC Signature No Limit Banking account, you will receive a $35 rebate towards the annual fee of one eligible credit card, every year, as long as you remain an RBC Signature No Limit Banking account owner. Effective June 1, 2011, a $39 rebate will also apply to the Signature® RBC Rewards Visa card and WestJet RBC MasterCard‡. Additional cardholders (co-applicants) do not qualify for the annual fee rebate, even if they are joint owners of an RBC Signature No Limit Banking account. Other conditions and restrictions apply. As a sole or joint owner of an RBC VIP Banking account, you will benefit from an annual fee rebate on one eligible premium credit card, every year, as long as you remain an RBC VIP Banking account owner. One co-applicants annual fee is also rebated, every year, as long as you remain an RBC VIP Banking account owner.

® Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ™ Trademarks of Royal Bank of Canada. ‡ All other trademarks are the property of their respective owner(s).

Man takes swing at errant golf balls

Ajax resident planning to launch lawsuit over hundreds of stray balls that have pelted his property, family

Somebody's going to get killed.

It's just a matter of time, warns Ajax homeowner Mike Campitelli, showing a pail full of golf balls as proof. He's collected 200 of them from his Roberson Drive backyard since May.

Campitelli lives beside Riverside Golf Club, or Hole 5, to be precise. His property, and that of two other homeowners, is in the line of fire when badly hit balls veer to the right off the tee 35 metres away.

His wife, Laurie, has been grazed on the shoulder, his 15-year-old daughter was almost struck in their swimming pool, and his father-in-law suffered a big bruise to his upper left arm just days after heart surgery.

It's an easy fix, says the owner of a waste disposal company. A net installed alongside the tee blocks would stop the balls' trajectory into residents' yards, he says.

But clubhouse manager Deborah Sewell-McConomy disagrees. She lists size, design and location of the net, along with bylaw and environmental issues.

"This is a life-threatening situation. Are they waiting for one of my kids to get killed?"
MIKE CAMPITELLI, HOMEOWNER

After "many, many meetings" with officials from the town, which owns the land and leases it to the golf course, it's impossible to predict when everything will be resolved, she says.

The town has approved installation of a net but points out that consent is needed from the developer who owns the sliver of land between the homes and golf course. Spokesman Stuart Green says Ajax is only acting as mediator and it's up to the warring parties to work things out.

TORSTAR NEWS SERVICE

CAROLA VYHNAK/TORSTAR NEWS SERVICE

▶ Matteo Messina, 6, and John-Michael Messina, 9, must wear helmets when they're in their uncle Mike Campitelli's pool in Ajax. The backyard is in the line of fire from stray golf balls from the course behind the fence.

Canadian lifestyle takes its toll

Integration may not be all good for new immigrants to Canada, at least not when it comes to adopting a lifestyle prone to heart problems.

A new multi-ethnic study finds immigrants who have been in Ontario longer actually fare worse in their heart health than recent newcomers.

15 The study compared various risk factors between those who have been in Canada under 15 and over 15 years.

Of the four groups examined — black, Chinese, South Asian and white — immigrants of Chinese and European descent are the most adversely affected by Canadian lifestyle the longer they are here, says the study published today in the Canadian Journal of Cardiology.

It said the increasing prevalence of diabetes most likely contributes to the decline in heart health for the Chinese and white groups.

TORSTAR NEWS SERVICE

News in brief

Transit blitz kicks off

SAFETY. Toronto police and the TTC have launched a weeklong safety blitz targeting drivers, pedestrians and cyclists near bus and streetcar stops on city streets. Officers will be paying particular attention to infractions that impede public transit movement.
TORSTAR NEWS SERVICE

More charges in laser attack

CRIME. Five more 18-year-olds from Oshawa face charges, including assault with a weapon causing bodily harm, after a laser was pointed at the cockpit of a police helicopter on July 29. **THE CANADIAN PRESS**

1 news

From riding transit to public stigma, Canadians discuss challenges of living with epilepsy. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

It's been a wild ride for markets recently, but investors would be wise not to panic. More at metronews.ca/investing.

nanoblur™
LOOK UP TO 10 YEARS YOUNGER IN 40 SECONDS.
#1 SELLING SKU AT LEADING RETAILERS #1
IN ONE WORD... MAGIC! Nanoblur is quite simply tomorrow's high technology, today. It is not just another cream. It is a suspension of millions and millions of particles that reflect light perfectly in billions of directions to make the skin's surface appear completely flawless. Within seconds, pores appear to disappear. Fine lines appear to vanish. The skin texture appears nearly perfect. It's free of oil, colour, fragrances and parabens. And it's only $19. It's just that simple.
AVAILABLE AT 1700+ LEADING PHARMACIES INCLUDING:
SHOPPERS DRUG MART REXALL PHARMA PLUS PHARMASAVE NANOBLUR.COM
UNTREATED TREATED

News in pictures

PHOTOS
1. PETER MACDIARMID/GETTY IMAGES
2. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS
3.PETER MACDIARMID/GETTY IMAGES
4. MATTHEW LLOYD/GETTY IMAGES
5. PETER MACDIARMID/GETTY IMAGES

1 A car burns outside a Carhartt store in Hackney, London, yesterday. Violence and looting spread across some of London's most impoverished neighbourhoods in a third day of rioting. THE ASSOCIATED PRESS

2 A car, behind the taxi, burns after it was set on fire by rioters in Hackney yesterday. Youths set fire to shops and vehicles in the city that will host next summer's Olympic Games. THE ASSOCIATED PRESS

3 Youths loot a Carhartt store in Hackney yesterday. Hundreds of youths attacked shops and set fire to cars. Police in riot gear were pelted with fireworks, bottles and lumps of wood. THE ASSOCIATED PRESS

4 Police officers stand guard outside a looted Carhartt store in Hackney yesterday. Police confirmed they had made more than 200 arrests but appeared unable to contain the spread of the rioting. THE ASSOCIATED PRESS

5 A masked man walks past a burning car outside a Carhartt store in Hackney yesterday. THE ASSOCIATED PRESS

Giving birth turning deadly

One woman waited one-and-a-half hours at the hospital in Johannesburg, only to see a nurse who yelled that she was "lying about being in labour." Three hours later, her baby was stillborn.

South Africa's maternal mortality rate has quadrupled while most African countries have improved theirs, according to a scathing report released yesterday by the New York-based Human Rights Watch.

The report says some of the increase could be the result of better reporting and a massive HIV/AIDS rate that has 18 per cent of South Africans infected, some 5.7 million people.

THE ASSOCIATED PRESS

Health care

- **Spending.** South Africa spends the most on health per citizen in sub-Saharan Africa at $748 a year, and has infrastructure and expertise unrivaled on the continent.
- **Mortality.** Yet between 1998 and 2007, the maternal mortality rate leapt from 150 to 625 deaths for each 100,000 live births.
- **Powerhouse.** That means South Africa, sub-Saharan African's economic powerhouse, has no hope of meeting the UN millennium development goals that require 38 deaths per 100,000 births by 2015.

This isn't your typical Hallmark moment

B.C. adopts e-card service to advise partners they may have an STI
Anonymous service designed to make notifications easier

MATT KIELTYKA
@METRONEWS.CA

Looking for a way to tell that special someone they may have contracted a sexually transmitted infection?

Say it with an e-card.

The British Columbia Centre for Disease Control (BCCDC) launched inSPOT yesterday, an online notification services for people diagnosed with a STI.

BCCDC's Dr. Mark Gilbert says the e-cards — ranging from serious notifications to humourous messages like "I got screwed while screwing, you might have too" — are designed to make the process of telling a partner they may be at risk less intimidating.

"It's heavy news to give someone no matter how they receive it," he said. "It's not easy, but inSPOT can be a convenient and easy way to notify a partner if you're not comfortable using other methods."

Although the service was just launched in British Columbia, inSPOT has been operating since 2004 in the U.S. and some Canadian cities.

The e-cards also help people connect with local testing sites and clinics and provides access to public health information.

The cards can be sent to up to six partners at a time and can be sent anonymously.

Gilbert stressed the service is just one option available to people.

Physicians still encourage people to tell their partners about possible infections directly, or through a health care provider.

SCREEN GRAB

▶ A screen grab of the e-card launched by the B.C. Centre for Disease Control.

China cracks down on sex-selective abortions

China is vowing to strengthen enforcement to prevent sex-selective abortions and close a yawning gender gap in a country that already has tens of millions more boys than girls.

The pledge is in the outline of a plan for childhood development through 2020 but has no specifics. The plan said authorities would increase efforts against the non-medical use of ultrasound tests and abortion of fetuses based on gender.

THE ASSOCIATED PRESS

For more news visit metronews.ca/toronto

News in brief

Mother wants tougher dog laws

BITE. A Kelowna, B.C., mother is crusading for changes after her eight-year-old son was attacked by a pit bull.

Zack Williams needed stitches and gluing to repair bite wounds to his cheek and throat. The youngster was bitten Friday while visiting a neighbour's home.

THE CANADIAN PRESS

Cougar stalking humans in B.C.

AGGRESSIVE. A large swath of trails near Squamish, B.C., has been closed to users as conservation officers hunt down an aggressive cougar that's been stalking people.

THE CANADIAN PRESS

SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

▶ Supporters of Yulia Tymoshenko grapple with a police barrier near the Pecherskiy District Court building in central Kiev, Ukraine, yesterday.

Ukraine's ex-PM to stay in jail

Yulia Tymoshenko was the central figure in the country's 2004 Orange Revolution mass protests

THE ASSOCIATED PRESS

▶ Yulia Tymoshenko.

A Ukrainian court yesterday rejected lawyers' requests to free former prime minister Yulia Tymoshenko from jail during her abuse of office trial, a case the West has condemned as selective justice.

Thousands of supporters and opponents — some claiming they had been paid to show up — broke a police chain outside the security-heavy hearing for the country's top opposition leader.

Tymoshenko, who has criticized the trial as an attempt by President Viktor Yanukovych to bar her from future elections, refuses to rise when addressing the court and routinely insults the judge. She was arrested Friday for contempt of court and violation of procedures.

She is accused of abusing her powers by signing a natural gas deal with Russia in 2009 that prosecutors claim was disadvantageous to Ukraine.

THE ASSOCIATED PRESS

MIDDLE EAST

Yasser Arafat poisoned: Fatah Party

Loyalists of the Palestinian president have accused a rival of poisoning the late Palestinian leader Yasser Arafat in an apparent effort to discredit him politically.

Top officials of Palestinian President Mahmoud Abbas' Fatah Party issued a report Sunday contending that former Gaza strongman Mohammed Dahlan sent poison disguised as medicine to Arafat while he was in a Paris hospital.

They offered no evidence to back up their claim, other than to say Dahlan ordered Arafat's guards to burn the vials in which the alleged poison was stored.

"There are false and baseless accusations of Abbas and his people, they are clearing Israel of Arafat's blood," Dahlan said yesterday in a telephone call from Dubai.

THE ASSOCIATED PRESS

Legal scholar sworn in as new Tibetan leader

A Harvard-trained legal scholar was sworn in yesterday as new head of the Tibetan government-in-exile, taking over from the Dalai Lama as the official leader of his people's fight for freedom.

Lobsang Sangay is the first secular figure to ever lead the deeply religious Tibetan community.

THE ASSOCIATED PRESS

comwave HOME PHONE LINE
UNLIMITED
WORLDWIDE CALLING INCLUDING
INDIA & 50+ COUNTRIES
Limited Time Offer
Absolutely RISK FREE TRIAL PERIOD
$29.95 /month
You're going to love the quality!
Unlimited Calling to
India & 50+ Countries
All Features FREE
Voice Mail
Call Waiting
Caller ID
Call Forwarding
3 Way Calling
and much more...
Satisfaction Guaranteed!
6 MONTHS FREE
1-866-543-5097
comwave
www.comwave.ca
While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The 6 Month Free Promotion and the rate of $29.95 is based on a 3YR term. You have a 30-Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within 30 days with no further obligation. You will receive 6 months free service if you transfer your phone number from your existing provider to Comwave in the first 30 days. Terms and conditions apply, see www.comwave.ca for details.

▶ French baker Jean-Louis Hecht displays a baguette taken from his baguette dispenser in Paris yesterday.

MICHEL EULER/THE ASSOCIATED PRESS

Baker kneads France's need

Jean-Louis Hecht, a baker from northeast France, has rolled out a 24-hour automated baguette dispenser that he calls "the bakery of tomorrow." He's only operating two machines — one in Paris, another in the town of Hombourg-Haut next to his own bake shops. The vending machines take partially precooked loaves, bake them up and deliver them steaming within seconds, all for about $1.41.

America always will be triple-A country: Obama

U.S. president says most investors agree United States still wise place to put their money ◗ Says Washington can fix its political dysfunction

U.S. President Barack Obama yesterday essentially dismissed the downgrade of the U.S. credit rating, trying to reassure investors and the public that the nation's leaders need only show more "common sense and compromise" to tame a staggering accumulation of debt.

Seeking to demonstrate command in a volatile economic climate, Obama said he hoped the decision by Standard & Poor's would at least give Congress a renewed sense of urgency to tackle debt problems. He said that must be done mainly by taking on the politically difficult issues of reforming taxes and entitlement programs in the coming months.

In his first comments on the credit downgrade, Obama said Washington had the power to fix its own political dysfunction.

"Markets will rise and fall," he said. "But this is the United States of America. No matter what some agency may say, we've always been and always will be a triple-A country."

S&P officials dropped the government's rating to AA+ from the top rating, AAA, based on a lack of confidence that Congress and the president can make more serious reductions in the long-term debt.

THE ASSOCIATED PRESS

EVAN VUCCI/THE ASSOCIATED PRESS

▶ U.S. President Barack Obama speaks in the White House in Washington yesterday.

72% of Canadians in debt, survey finds

About 72 per cent of Canadians say they're holding some form of debt, according to a new poll by CIBC.

Four in 10 say their debt level is an obstacle to reaching financial goals.

Broken down by age, the survey found that 35- to 44-year-old Canadians are most likely to hold debt, with 89 per cent of that group saying they hold at least one form of debt. Those aged both 18 to 24, and 65 or older, were least likely to have debt.

By region, the survey found that more Albertans are carrying debt, with 77 per cent of respondents in the province having at least some. British Columbia has the lowest levels of debt in all of the provinces.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas
- 491.21 (11,670.96)	- 1.25¢ (100.92¢ US)	- $5.57 US ($81.31 US)	1,000 cu ft $3.935 (+ 0.6¢)

Gold contracts $1,713.20 (+ $61.40)

Black Monday for markets

The Toronto stock market tumbled almost 500 points yesterday after an unprecedented credit rating downgrade of U.S. government debt by Standard and Poor's helped give added momentum to a four-week-old selloff.

The S&P/TSX composite index fell four per cent to its lowest close in a year and the biggest one-day drop since Dec. 1, 2008 when markets were still reeling from the near collapse of the financial sector.

The Canadian dollar also retreated to near parity as nervous investors piled into U.S. Treasurys and precious metals while demand concerns sent oil and metal prices reeling. Gold closed over $1,700 US an ounce for the first time.

New York markets also fell hard with the Dow industrials plunging 634.76 points to 10,809.85. The Nasdaq fell 174.72 points to 2,357.69 while the S&P 500 index lost 79.92 points to 1,119.46. Overseas markets also fell sharply.

THE CANADIAN PRESS

Downgraded

▶ Standard & Poor's downgraded the credit ratings of mortgage lenders Fannie Mae, Freddie Mac, which between them own or guarantee about half of all U.S. mortgages.

Canada's National Notary Public Company
Notarization
Commissioners of Oaths
Certified True Copies
Mobile Notary
Affidavits
E-Document Certification
Passport Processing Services
Notarization & Legalization
Over 100 Locations Across Canada
Red Seal NOTARY
Visit our Walk-In Locations Today
TORONTO | MISSISSAUGA
NORTH YORK | OTTAWA
www.RedSealNotary.com
1 (888) 922-7325
Authentication & Legalization (Apostille)
Consent to Travel
Fingerprinting
Background Checks
Land Title Searches
Visa Processing Services

100% PERMANENT HAIR REMOVAL
A WHEN YOU'RE RIGHT, YOU'RE RIGHT There is no one better than OMI for hair removal and they have proven it since 1979.
B Save your money by coming to OMI first. Don't let others over charge you for poor results or undercharge you for no results.
C OMI will change your life for the better. Call us now!
SAVE up to 75% (conditions apply)
(most OMI clients are male)
OMI on Rogers TV Channel 5
OMI MEDICAL INC. • 416.223.5500
www.omihair.com • OPEN 7 DAYS A WEEK

Book the Bloodmobile in your neighbourhood:
CALL 1-888-2 DONATE TO BOOK AN APPOINTMENT DATE OR TO INQUIRE ABOUT UPCOMING BLOODMOBILE EVENTS!
1 888 2 DONATE (1-888-236-6283)
RBC Foundation
Canadian Blood Services
metro

YOU MAY BE THE ONLY ONE LIST-ENING

SHE SAYS ...

JESSICA NAPIER
METRO

You can learn a lot about a person from the way they list.

Most people limit their list making to the practical — for grocery-store items, guest lists, packing checklists and other routine to-dos.

But I like to think that I take listing to a whole new level.

I'm constantly chronicling the things I love, the things I loathe, daily tasks and goals for the future.

Over the years I've compiled hundreds of lists to organize my thoughts, to catalogue my interests and to archive my life.

I make lists everywhere: On the magnetic notepad on my refrigerator, on napkins at restaurants, on my hand and in my head.

Lists are scrawled in the margins of my travel journals; they clutter up the desktop on my MacBook and often appear in this very column.

"They say a picture is worth a thousand words, but a tear-stained bullet-point list titled Reasons to Never Get Back Together with Your Ex tells you a lot more about that relationship than a photograph ever will."

Sometimes my lists are incredibly organized — numerical, alphabetical, chronological — but most are completely haphazard and almost entirely illegible.

While checklists are certainly the most sensible form of listing, I prefer to make countdowns. The best brunch places in the city, the worst movies of all time, the most romantic places I've ever been, the books I'd bring to a desert island, favourite ice cream flavours and on and on and on.

After watching High Fidelity, I developed a habit of making Top Five lists in every conceivable category. John Cusack's character's obsession with listing everything from his favourite records to his most memorable breakups really spoke to my affinity for categorization.

Even while writing this, I'm finding it difficult to resist the urge to compile a list of reasons why lists are so remarkable.

They bring order to our lives in the present and act as a reference point for the future.

Lists offer tiny glimpses into our daily routines, our best intentions and our biggest regrets.

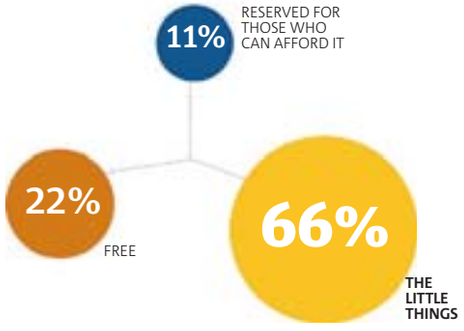
They say a picture is worth a thousand words, but a tear-stained bullet-point list titled Reasons to Never Get Back Together with Your Ex tells you a lot more about that relationship than a photograph ever will.

Our lists not only remind us to pick up milk; they tell the stories of who we are and who we want to be. They are perfunctory, ambitious, heartbreaking, scathing, hilarious and, more often than not, they are wonderfully self-indulgent.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

The best things in life are:



Local tweets

- **@taniam:** Just rode the new toronto rocket = more spacious, air conditioned + less noisy! #ttc #toronto
- **@tonyedgar:** Out of every city I've been to, #toronto has the highest weirdo per capita for sure.
- **@georgejhoff:** How many of those TSX analysts who say, "Don't panic!" - "Don't sell!" have sold shares in the past 3 sessions? Transparency?
- **@emozes:** Not a reassuring sign when your walking though the financial district and sat news trucks are all stationed by the TSX sign.
- **@scorzzzz:** The sky is falling...again! TheStar TSX falls 491 points, Dow falls 634 after U.S. credit downgrade
- **@mbroadhurst:** Debt Crisis ideas: Sell naming rights to White House #debtcrisis
- **@todd_w:** Is anyone else considering putting their money under their mattress to avoid the debt crisis? #mattressmoney
- **@stephenlautens:** On my way to New York today - with the stock market crash I expect it will look like "I Am Legend".

Worth mentioning

8-YEAR-OLD HACKERS. Few things seem more out of place at the DefCon hacker convention than a swarm of kids.

For 18 years, hackers have gathered at DefCon, one of the largest and longest-running conferences of its kind, to share information about breaching and securing computers.

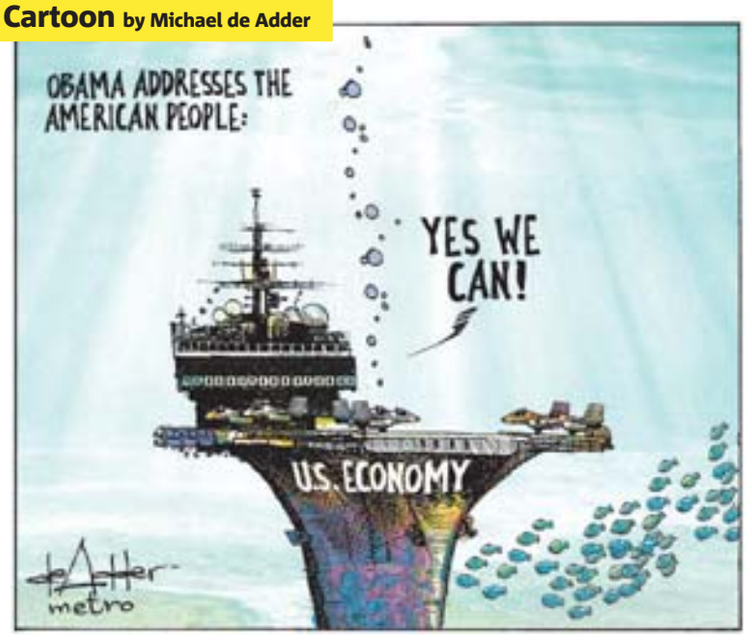
For the first time, DefCon included discussions and tutorials for budding hackers aged eight to 16 years.

One contest covered lock-picking techniques to be used in the event they forget their locker combination. And the kids were encouraged to find security vulnerabilities in popular technologies, from video games to computer hardware.

The emergence of the DefCon kids' conference comes as hackers make headlines around the world. Though the general public often associates hacking with criminality, the engineering culture of the technology mainstream has always embraced people who explore the boundaries of what can be done with computers and other gadgets.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Egg-cellent discovery on Alaska coast

Scientists have identified an orange-coloured gunk that appeared along the shore of a remote Alaska village as millions of microscopic eggs.

But the mystery is not quite solved. Officials with the U.S. National Oceanic and Atmospheric Administration said yesterday they don't know what species the eggs are or if they are toxic.

They have sent samples to a laboratory on the East Coast for further analysis.

The neon orange goo showed up last week on the surface of the water in Kivalina, an Inupiat community located at the tip of a 12.8-kilometre barrier reef on Alaska's northwest coast.

MIDA SWAN/THE ASSOCIATED PRESS

▶The identified eggs

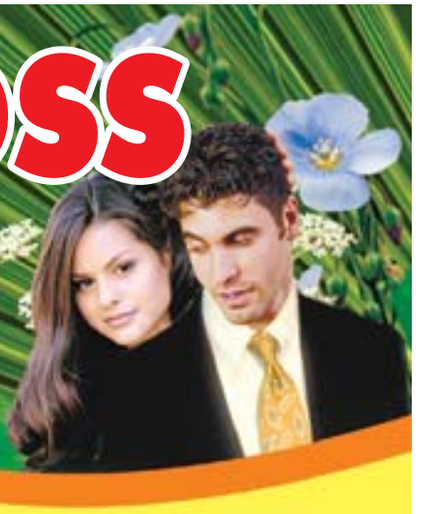
Residents live largely off the land, and many are worried about the effect on the local wildlife and plants from a substance never seen there before.

THE ASSOCIATED PRESS

metro

METRO TORONTO • 625 Church St., 6th Floor • Toronto ON • M4Y 2G1 • T: 416-486-4900 • Fax: 416-482-8097 • Advertising: 416-486-4900 ext. 250 • adinfotoronto@metronews.ca • Distribution: toronto_distribution@metronews.ca • **Associate Publisher** Irene Patterson, **Managing Editor** Tarin Elbert, **Production Manager** Elizabeth Valiaho • **METRO CANADA: President & Publisher** Bill McDonald, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Managing Editor, News and Business** Amber Shortt, **Scene/Life Editor** Dean Lisk, **Managing Editor, Night Production** Matt LaForge, **Associate Managing Editor, News and Business** Kristen Thompson, **Art Director** Laila Hakim, **Business Ventures Director** Tracy Day, **National Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

STOP HAIR LOSS



BIO-FEN PLUS™ is a natural health product used in the treatment of hereditary androgenic alopecia *(AGA)* in adults ***(male or female pattern baldness.)*** It contains scientifically calculated proportions of extracts of fenugreek seeds, saw palmetto berries and flax lignans. Each are known to possess an inhibitor of the enzyme responsible for causing male or female pattern baldness. It also contains a mixture of B vitamins, folate and biotin to help metabolize these herbal extracts so that they are more bio-available, and to support the growth of strong and healthy hair.

How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology.

If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

www.biofen.com

Available at Health Food and Supplement Stores

Word travels fast on Wisteria Lane

Desperate Housewives star Felicity Huffman got news of the show's demise from co-star Marcia Cross Huffman speculates her character may end the series with a divorce

On Sunday, ABC officially confirmed reports that the upcoming season of Desperate Housewives would be its last.

But series star Felicity Huffman got the bad news on Friday — in an e-mail from her co-star Marcia Cross.

Only after that did she get the call from Housewives creator Marc Cherry.

Huffman, who plays frustrated stay-at-home mom Lynette, said she shed a few tears at her kitchen table while consoled by her husband, actor William H. Macy.

Then, she said, their nine-year-old daughter entered the room and set her straight.

"It's OK, mama. You'll work again," she told Huffman.

Desperate Housewives, a sassy prime-time soap opera with an ensemble cast also including Teri Hatcher and Eva Longoria, made a splash when it premiered in 2004 but has since seen a falloff in the ratings and viewer buzz.

At an ABC press party Sunday night, Huffman said she was sad that Housewives would be ending after eight seasons.

But she's also exhilarated by potential story lines in the show's home stretch. In her mind, the troubled but so-far-enduring marriage of Lynette and Tom (played by Doug Savant) might be on the rocks.

HANDOUT

ABC has officially confirmed the cancellation of Desperate Housewives.

"I think they could get divorced," Huffman proposed with undisguised relish.

"All bets are off. I think it's so great to bust the lid off."

Asked how she plans to cope with relinquishing the role of Lynette, Huffman quoted an old saying about recovering from a broken relationship.

"The only way to get over somebody is to get under somebody," she chuckled.

"I just think it takes another job."

Marcia Cross, who plays neurotic super-homemaker Bree, insisted she hadn't meant to break the news to Huffman in that email.

"Felicity is always on top of everything, while I'm usually four steps behind," explained Cross, who said she was alerted by her manager.

"It didn't occur to me that she didn't already know."

"I was really glad to hear it from you," Huffman told her as they commiserated.

"I thought it was coming and I think it's the right thing," Cross said of the show's demise.

"But I still feel very sad and discombobulated."

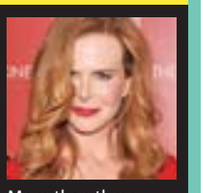
THE ASSOCIATED PRESS

"I thought it was coming and I think it's the right thing. But I still feel very sad and discombobulated."

DESPERATE HOUSEWIVES STAR MARCIA CROSS ON THE SHOW'S CANCELLATION

2 scene

Box office



More than three dozen celebrities, including Nicole Kidman and Robin Williams, athlete Carmelo Anthony and Supreme Court Justice Sonia Sotomayor, are set to appear on the new season of Sesame Street.

Sesame Street begins its 42nd season on PBS on Sept. 26.

THE ASSOCIATED PRESS

Glee creators are scaring up an American Horror Story about marriage and infidelity.

Call Now

Canada and U.S. .....1.6¢/min*
Haiti ... 24.9¢/min
Guyana ... 26.9¢/min

Scan with your mobile application for more rates. Or visit www.telehop.com/1010100

Simply dial
10-10-100
+ (011 or 1) + the Number

No need to switch phone companies and charges will appear on your current bill.

www.telehop.com | 1•888•882•8056 | Telehop™ 10-10-100

*Flat rate of 25¢ for first 15 minutes. Calls to cell phones may be at a different rate. Rates subject to change without notice. Terms and conditions apply, please see website for details.

369

Singer bounces back

▶ Sean Kingston

At the Teen Choice Awards, Singer Sean Kingston walked his first red carpet since a near-fatal jet ski accident in Miami in May, and he says he's learned a lot lying in a hospital bed. "Basically, I learned that in life anything can happen and you have to count your blessings," the 21-year-old Jamaican singer tells People magazine. "You have to be cautious about what you do." METRO

Lopez pours her woes into work

▶ Performer keeping busy following public split from singer husband ▶ Won't have to search far for inspiration with newest role in mom-centric movie

ALL PHOTOS GETTY IMAGES

▶ Jennifer Lopez

While her split from Marc Anthony has been "painful," Jennifer Lopez is reportedly feeling good about her decision to end their marriage, according to People magazine.

"She is very relieved to be out of [the marriage], frankly," says a source of the current situation.

"I don't think she is sitting around crying or wondering if she made the wrong decision."

In fact, far from sitting down, she's off to Atlanta — twins in tow — to film her next project, What to Expect When You're Expecting.

"For her, it's back to business," the source says. "She is all about her career. She's excited to move on." METRO

Quick Dish

He's once, twice, four times a father

BABY BOOM. Ethan Hawke and wife Ryan welcomed a second daughter recently, naming the baby Indiana, according to Us Weekly. They stepped out with the newborn for the first time in New York recently. The couple, who wed in 2008, also have a three-year-old daughter, Clementine, and Ethan has a 13-year-old daughter, Maya, and nine-year-old son, Levon, with ex-wife Uma Thurman. METRO

Mila likes a guy she can giggle with

WHAT A GIRL WANTS. Mila Kunis says what she looks for most in a man is the ability to make her laugh. "Humour is an amazing quality to have," the actress, who dated Macauley Culkin for years and denies rumors about dating Friends with Benefits co-star Justin Timberlake, tells Glamour. "I like sarcasm, satire, self-deprecating humour. But I also think there's something to be said for not looking for anything and being pleasantly surprised." METRO

Celebrity tweets

"Attention: My new birth date is August 14, 1965." @SteveMartinToGo

"I'm so excited we're getting our own Depression. I always felt jealous of my Granny and all her "Back in the Depression..." stories." @MarthaPlimpton

"Buy and read a newspaper every day. In print or online, there is information in newspapers you will never get from other media." @AlecBaldwin

CNE CASINO
Now Open
Noon - 6am Daily*
Offering Over 80 Gaming Tables Including:
Blackjack | Lucky Ladies | Casino War | Roulette
Multi-Action Blackjack | Spanish 21 | Perfect Pairs
Texas Hold'Em Bonus Poker
And Featuring:
24 Texas Hold 'Em Poker Tables and 4 Three-Card Poker Tables in one of the largest air-conditioned poker rooms in Canada.
Open August 1 to September 5*
Located in the Better Living Centre, Exhibition Place
This event is managed & conducted by the Canadian National Exhibition Association, Licence #3844
*Labour Day Hours: Noon to 8 pm

LEARN TO DANCE
Latin, Ballroom & Salsa
Introductory Offer
$20
Your 1st Lesson Is Free!!
416-485-9305
www.pollockdancestudio.com
Singles & Couples Welcome

camh
Centre for Addiction and Mental Health
BORDERLINE PERSONALITY DISORDER AND DEPRESSION BRAIN IMAGING STUDY
Do you experience some of the following?
Feelings of Sadness
Difficulty Sleeping
Fears of Abandonment
Purposely Hurting Yourself
Severe Mood Swings
Feelings of Hopelessness
Difficulty Thinking
Self-Destructive Behaviors
Feelings of Emptiness
Difficulties Controlling Anger
If so, you may be eligible to participate in a brain imaging study of depression at the Centre for Addiction and Mental Health.
Eligibility:
Age 18 or older
Diagnosis of Major Depressive Disorder
Diagnosis of Borderline Personality Disorder
Not Currently taking any street drugs
Non-Smoker
COMPENSATION IS PROVIDED
PLEASE CALL: (416) 535-8501 EXT: 4248

LOVE TO PLAY?
Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!
App Store
metro play

follow us
metro

Super fast. Super thin. Superphone.

Samsung GALAXY S II™ 4G

Introducing the new Samsung Galaxy S II™ 4G superphone. With a dual-core processor and blazing-fast speeds of up to 21 Mbps (expect average speeds of 3.5 – 8 Mbps),[1] you'll be able to surf, stream and share faster than you ever thought possible. It has a stunningly vivid, 4.3" Super AMOLED Plus screen, an 8MP camera and a 1080p camcorder. And all this is packed into a cutting-edge, ultra-slim design. There's never been a better time to get on the best network, with the largest 4G coverage and the fastest 4G speeds across Canada.[2]

Visit a Bell store • 1 888 4-MOBILE (662453) • bell.ca

Bell being with Bell just got better

Available at the following Bell stores:

AJAX
Durham Centre

ALLISTON
36 Young St.

AURORA
14799 Yonge St.
SmartCenters Aurora

BARRIE
44 Cedar Point Dr.
632 Yonge St.
Barrie Power Centre
Georgian Mall

BOLTON
SmartCentres Bolton

BOWMANVILLE
Clarington Place

BRAMPTON
59 First Gulf Blvd.
100 Great Lakes Dr.
10086 Hurontario St.
Bramalea City Centre
Shopper's World

BURLINGTON
1100 Walker's Line
Appleby Crossing
Burlington Mall
Mapleview Mall

CAMBRIDGE
499 Hespeler Rd.
Cambridge Center

COBOURG
Northumberland Mall

ETOBICOKE
Cloverdale Mall
Sherway Gardens
Woodbine Centre

GEORGETOWN
330 Guelph St.

LINDSAY
229 Kent St.
Whitney Town Centre

MAPLE
2810 Major Mackenzie Dr.

MARKHAM
7357 Woodbine Ave.
Markville Shopping Centre
Pacific Mall

MILTON
377 Main St. E.

MISSISSAUGA
6965 Davand Dr.
980 Eglinton Ave. E.
Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Sheridan Centre
Square One Shopping Centre
Square One Shopping Centre (kiosk)
Westgate SmartCentres

NEWMARKET
Upper Canada Mall

NORTH YORK
1635 Lawrence Ave. W.
170 Rimrock Rd.
Bayview Village
Centerpoint Mall
Crossroads Plaza
Empress Walk
Lawrence Square
North York Sheridan Mall
Sheppard Centre
Yorkgate Mall

OAKVILLE
Hampshire Gate at Dundas
Oakville Place

ORANGEVILLE
114 Broadway Ave.

OSHAWA
Five Points Mall
Oshawa Centre

PICKERING
Pickering Town Centre

RICHMOND HILL
Hillcrest Mall
Richmond Heights Plaza
Time Square Shopping Centre

SCARBOROUGH
259 Morningside Ave.
Bridlewood Mall (kiosk)
Cedarbrae Mall (kiosk)
Malvern Town Centre
Scarborough Town Centre

SUDBURY
Brady Square
New Sudbury Centre
Southridge Mall

THORNHILL
Promenade Mall

TORONTO
2256 Bloor St. W.
209 Danforth Ave.
2171 Queen St. E.
2081 Steeles Avenue W.
2323 Yonge St.
Chinatown Centre
College Park
Dufferin Mall
East York Town Centre
Eaton Centre
Eaton Centre II
Eglinton Square
Gerrard Square
Holt Renfrew Centre
Royal Bank Plaza
Scotia Plaza
Shoppers World Danforth
Shops at Don Mills
Yorkdale Shopping Centre (kiosk)

UXBRIDGE
307 Toronto St. S.

VAUGHAN
Vaughan Mills
Vaughan Mills (kiosk)

WHITBY
Whitby Mall
Whitby SmartCentres

WILLOWDALE
Fairview Mall
Fairview Mall (kiosk)

WOODBRIDGE
4080 Highway 7

Also available at these retailers:

Best Buy mobile your phone, your way · Costco Wholesale · Future Shop · booth wireless · The Source · Wireless etc... · Wirelesswave

Available with compatible devices within network coverage areas available from Bell Mobility. Other conditions apply. (1) Actual speed may vary due to topography, environmental conditions, device type and other factors. HSPA+ not available in all areas. Bell.ca/network. (2) With compatible devices. Based on comparison of national networks: (a) fastest network in more places, according to tests of average upload and download speeds in large urban centres across Canada (b) largest network, based on total square kms of coverage, and (c) average call failure rate on par, based on tests including network access failures, blocked calls and dropped calls in large urban centres across Canada; all on the shared HSPA+ (4G) network available from Bell, vs. Rogers HSPA/HSPA+ network. Excludes roaming partners' HSPA and GSM/EDGE coverage in certain parts of Manitoba. Speed may vary due to topography, environmental conditions, device type and other factors. See bell.ca/network for details. Samsung Galaxy S II is a trademark of Samsung Electronics Co., Ltd., used in Canada under licence. Android and the Android Logo are trademarks of Google, Inc.

3 life

8 glasses a day? No way

Despite what conventional wisdom has told us, one U.K. doctor is saying that there is no evidence drinking water has big health benefits Find out why she argues it is all a myth

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTO

How many glasses of water should you drink every day? Less than you think.

Advice to drink eight glasses of water a day is pure baloney, according to a U.K. physician.

Dr. Margaret McCartney, writing in the British Medical Journal, argues that there is no strong evidence of the benefits of drinking increased amounts of water. Though there may be some situations where people need to drink that much, the idea that we are all at risk for dehydration is a myth promoted by makers of bottled water, she wrote.

McCartney, in this week's BMJ, says there is currently no clear evidence of benefit from drinking increased amounts of water, she says, yet the "we-don't-drink-enough-water" myth has endless advocates, including the NHS.

The NHS Choices website states: "Try to drink about six to eight glasses of water (or other fluids) a day to prevent dehydration," while many schools also feel it appropriate to insist that pupils are accompanied to school by a water bottle.

Other organizations, often with vested interests, reinforce this message, she says. For example, Hydration for Health (created by French food giant Danone — makers of bottled waters including Volvic and Evian) recommends 1.5 to two litres of water daily as "the simplest and healthiest hydration advice you can give." It also claims that "even mild dehydration plays a role in the development of various diseases."

But McCartney argues that there is no high quality published evidence to support these claims.

She points to several studies showing no clear evidence of benefit from drinking increased amounts of water and suggesting there may be unintended harms attached to an enforcement to drink more water.

"It would seem, therefore, that water is not a simple solution to multiple health problems," she writes.

For instance, reports that increased water intake in children can improve concentration and mental performance have not been confirmed by research studies, while data relating water drinking to a reduction in children being overweight are prone to bias.

While there are some conditions that do benefit from drinking increased water, such as in people with recurrent kidney stones, other evidence for preventing disease is conflicting, adds McCartney. In other words, this is a complex situation not easily remedied by telling everyone to drink more.

Untangling the evidence presented by Danone "results in weak and biased selection of evidence," she argues. Danone says we need "informed choices," but their own evidence does not support their call to action.

She concludes: "There are many organisations with vested interests who would like to tell doctors and patients what to do. We should just say no."

Cancer

Health Canada says labels are being changed on finasteride drugs to add safety information on rare reports of breast cancer in men. Finasteride is a prescription drug sold under the brand name Propecia, used for the treatment of male pattern hair loss.

THE CANADIAN PRESS

Law profs attack practice of guest authorship of medical studies, but is it fraud?

Do you have Type 2 Diabetes?
LMC is looking for patients with Type 2 Diabetes to participate in a research study involving an investigational medication.
Call now, if you or someone you know is:
• Aged 21 - 65
• Treating Type 2 Diabetes with Metformin alone or Metformin with Glyburide (Diabeta) or Diamicron
The study length is two months and requires some overnight visits. Compensation up to $2360 will be provided for your time and effort in completion of the study.
If you or someone you know may be interested, please contact one of the Specialists at LMC Endocrinology Centres.
LMC 1-866-701-ENDO (3636) www.LMC.ca
LEARN MORE. GET HEALTHY.
| BAYVIEW | OAKVILLE | ETOBICOKE | THORNHILL | BARRIE | MARKHAM | BRAMPTON | CALGARY | MONTREAL |

RESEARCH STUDY
DO YOU HAVE ARTHRITIS?
ARE YOU EMPLOYED?
WE NEED YOUR HELP!
We are looking for adults aged 25 - 65 who have arthritis and are currently employed to complete a short research questionnaire and telephone interview.
For information about this important research, please call Jessi at the Arthritis Community Research & Evaluation Unit (ACREU), University Health Network.
Toll Free: 1-866-724-0003
ACREU
University Health Network

LOSE WEIGHT • BODY SHAPING
• Younger, Remove Your Smile Wrinkles •
Using Acupuncture & Massage Only
EFFECTIVE MIRACULOUS UNIQUE
1. Assigned part of the body can be reshaping eg: Waist, Abdomen, Hip, Upper Arm, Thigh, Jaw and Cheek.
2. Remove Wrinkles, Eliminate Freckle & Smooth Skin on Face & Body.
3. Effective, Quick, and Long Term Results.
4. Free Consultation and Plans Tailored Especially for you.
Fine therapies also available for smoking cessation, and pain relief from shoulder, neck, back or waist pain, repetitive strain injury, muscle stiffness or numbness, headaches, etc.
Medical Insurance Accepted
Tel: 647.347.5591/647.348.0882 • Email:info@leesclinics.com
Downtown: 360 Bloor St. W., Suite 401 (Spadina Subway Stn)
North York: 5511 Yonge St., Suite 2A (Finch Subway Stn)
Mon. - Sat. 10 am - 7 pm • www.leesclinics.com

E-harassment is no joke

Trauma from cyberstalking even more intense than in-person harassment, says clinical psychologist

ISTOCK

▶ In Canada, cyberstalking can be prosecuted as criminal harassment under Criminal Code section 264(1).

For all its obvious benefits, there is also a dark side to the cyberworld: online stalking and harassment that can leave victims feeling as if there's no safe haven providing escape from their pursuers.

"It's a new method for an old problem," says Dr. Elizabeth Carll, a clinical psychologist in Long Island, N.Y. "Obviously the ones that everyone is aware of is putting false and humiliating information on the Internet, such as discussion boards, blogs, message boards, Facebook, as well as sending harassing emails and text messages."

But the psychological fallout from such electronic bully tactics can be even more devastating for those targeted than face-to-face exchanges, said Carll, who presented a talk on the issue Saturday at the annual meeting of the American Psychological Association in Washington.

"The symptoms of harassment and e-harassment are very similar — anxiety, fear, nightmares, feelings of helplessness, hypervigilence, having eating and sleeping difficulties, feeling out of control, a loss of personal safety — all of those kind of things go with harassment," she said.

"But what's different is that it is more intense because the electronic harassment is so much more pervasive. Whatever humiliating thing they want to say about you can go out to everybody and they can continue to do this wherever you are, if you're online."

Someone being harassed at work can't necessarily evade their persecutor at home because computers and cellphones can allow incoming emails, texts and phone calls to continue 24-7, she said.

Even telephone caller ID isn't foolproof for avoiding contact —there are ways to alter the name that comes up when the phone rings, a technique dubbed "caller ID spoofing."

Cyberstalking is particularly traumatizing because its reach is global, Carll said in an interview from Washington.

"So it's not like only your school knows what's going on, but the whole world does. It's out there online, and you know how hard it is to get something off the Internet — when it's on, it's also staying there forever.

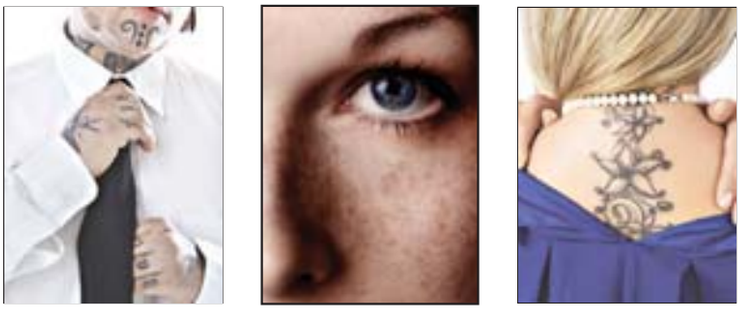
"Whereas in real-world bullying and harassment, once it stops, it stops."

THE CANADIAN PRESS

FREE SHOES
(if qualified) — We bill your insurance directly
We accept all types of benefits. Union workers, social assistance & welfare patients welcome.
Foot Specialist on Staff.
• Services • Acupuncture • Massage Therapy • Footwear
• Custom Made Orthotics • Compression Stockings

aetrex Finn Comfort ecco Clarks NAOT new balance
BVM foot & health care centre
47 The Links Road
North York, ON M2P 1T7
416.549.8000

SUN SPOTS? | TATTOO REGRET?
Toronto's finest in Laser Tattoo Removal now offers removal of **sun spots** and **birthmarks**. Come see us for a **free consultation**.
SUMMER SPECIAL:
Start treatments this **July** and **August** and receive **20% OFF** the cost of tattoo removal packages or sun spot/birthmark removal sessions.



PrecisionLaser TATTOO REMOVAL
416-504-9494
www.precisionlasertr.com
info@precisionlasertr.com
76 Richmond St East, Toronto
Free consultations

Are you a Healthy Person between 18 and 55 years of age?
If so, we want to hear from you!
Apotex is currently recruiting healthy **men** and **women** to participate in studies on pharmaceutical products.

CALL: 416-741-4256 Toll Free: 1-877-APO-CLNC (1-877-276-2562)
Hours: 8:30am to 5pm Monday to Friday
or register online @ www.apotex.ca

- **YOU WILL BE PAID** upon completion of the study
- Compensation may range from **$800** to **$3900** depending on the length of the study

APOTEX ADVANCING GENERICS

Whether you're an athlete, or just plain active, there are three things you should remember:

Hydrate. Hydrate. Hydrate.

QUALITY SINCE 1922
Grace

COCONUT WATER

NOW IN LIMITED EDITION CANS

WIN AN EXOTIC VACATION
for details visit www.gracefoods.ca

Hydrate Well.

FILE PHOTO/THE ASSOCIATED PRESS

▶ Playing sports in hot, steamy weather is safe for healthy children and teen athletes, so long as precautions are taken, a group of experts warned this week.

Don't sweat the weather

Sports OK for kids during these muggy, heat wave days However, caution should always trump the will to win: Pediatricians group warns

Playing sports in hot, steamy weather is safe for healthy children and teen athletes, so long as precautions are taken and the drive to win doesn't trump common sense, North America's largest pediatricians group says.

New guidelines from the American Academy of Pediatrics arrive just as school sports ramp up in sultry August temperatures.

The advice, released yesterday, comes a week after two Georgia high school football players died following practices in 35-plus degree heat.

Authorities were investigating if the weather contributed.

The guidelines replace a more restrictive policy based on old thinking that kids were more vulnerable to heat stress than adults.

New research shows that's not true, the academy says.

With adequate training, water intake, time-outs and emergency treatment available on the sidelines, healthy young athletes can play even in high heat and humidity — within reason, the guidelines say.

"The more educated parents, athletes and staff are about risks associated with heat illness, the more likely they will think twice before allowing a competitive culture to overtake sound sensibilities," said Dr. Cynthia Devore, co-author of the policy and a physician for schools in the Rochester, N.Y. area.

U.S. government data released last week showed that more than 3,000 U.S. children and teens younger than 20 received emergency-room treatment for nonfatal heat illness from sports or exercise between 2001 and 2009.

A few young athletes die annually from heat-related illness.

Dr. Michael Bergeron, a University of South Dakota sports medicine specialist, said the new policy is more detailed and nuanced, recommending that athletes be evaluated individually for play in hot weather.

THE ASSOCIATED PRESS

Deaths

By the numbers

Statistics Over a 13 year period, 29 high school football players died from heat stroke, data from the American Football Coaches Association and others show. Football is a special concern, because players often begin intense practice during late-summer heat, wearing uniforms and padding that can be stifling.

BrightStar Clinics

**Is your use of painkillers out of control?
Are you hiding the truth from people who care about you?
Are you financially strapped? Maxxed out?**

TRY A BRIGHTSTAR CLINIC – YOU DO HAVE A CHOICE

OUR CLINICS OFFER HASSLE-FREE, RESPECTFUL TREATMENT AND SUPPORT, WITH NO WAITING LISTS AND NO WAITING TO SEE OUR DOCTORS - EVER

Announcing our newest location:

Toronto East: 795 Broadview Avenue
Just north of the Broadview subway station
Appointments: 416-519-5747

Other Brightstar Locations:

Toronto West	2010 Eglinton Avenue West	416-783-7772
Toronto North	4700 Jane Street, Suite 202	416-661-0004
Brampton	79 Queen Street West	289-752-2295
Maple	2535 Major Mackenzie Drive	289-304-8600
Oakville	207 Cross Avenue	905-582-0232

Canada's fatty new melting pot

Immigrant children fall prey to our bad eating habits

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTOS

Canada's bad health habits rub off quickly on immigrants.

"When immigrants first arrive in Canada, they are generally in better health than the native-born Canadians. But this health advantage deteriorates as they live in Canada," says Katerina Maximova, assistant professor in the department of epidemiology at the school of public health at the University of Alberta in Edmonton.

Maximova and colleagues collected data on the heights and weights of 6,392 schoolchildren in 24 schools in Montreal over a five-year period. They compared how BMI increased among children born outside Canada, children born in Canada to immigrant parents, and children born in Canada to Canada-born parents.

"What was most interesting is that second generation immigrant children lost their health advantage very quickly, so that their BMI increases with age were similar to those of children of parents born in Canada," Maximova told Metro.

When they arrive in Canada, most immigrants initially settle in low-income, inner-city neighbourhoods, and those are the communities that were included in the study. Unfortunately, such neighbourhoods have higher rates of obesity.

"As they integrate into Canadian society, they may adopt the unhealthy lifestyles of native-born Canadian that live in low-income, inner-city neighbourhoods, such as low levels of physical activity and poor diet," says Maximova.

✓ IMPROVE ENERGY
✓ TRAIN HARDER
✓ RECOVER FASTER

activ-X
$3.00 OFF
on the purchase of
one (1) activ-x 60s or 120s
Limit one (1) coupon per purchase. Cannot be combined with any other offer. Retailer: Submit for redemption with proof of purchase prior to October 31, 2011
Expiry: Septemeber 30th, 2011
0090

www.activ-x.ca

NSF CANADA SKI CROSS

Omega Suspension Technology
Made with the award winning
Omega Suspension Technology (OST®)

AVAILABLE AT YOUR LOCAL HEALTH FOOD STORE

TORONTO WEST
Noah's Natural Foods
322 Bloor Street West
416 968-7930
Evergreen Natural Food
161 Roncesvalle Ave
416-534-2684
Foods for Life
2184 Bloor St. West
416-762-5590
Nature's Source
40 Ronson Dr.
416-242-8500

TORONTO CENTRAL
Noah's Natural Foods
2395 Yonge Street
416 488-0680
Noah's Natural Foods
667 Yonge Street
416 969-0220
Ottway Herb & Vitamins
3188 Yonge Street
416 487-8307
Ottway Herb & Vitamins
453 Church Street
416 967-9222
Ottway Herb & Vitamins
300 danforth Ave
416 463-5125

Vital Planet
53 Lower Jarvis Street
416 366-4353
The Health Shoppe
1375 Yonge Street
416 968-1225
The Health Shoppe
41A Charles St West
416 923-5071
Nutrition House Eaton Centre
218 Yonge St
416-598-2638
Nutrition House Eaton Centre
1 Dundas St
416-598-3111
Nutrition House TD Centre
66 Wellington St. W
416-955-9425
Nutrition House HBC Hudsons Bay Center
57 – 2 Bloor Street East
416-972-1441
Nutrition House Brookfield Place
161 Bay Street
416-364-3838

Whole Health Bay
777 Bay Street
416-850-4641
A1 Nutrition
121 King St. West
416-368-0847
Pure Health Pharmacy
25 King St.West
416-363-3926
Evergreen Natural Food
513 St. Clair Ave.West
416-536-2932
Ginkgo Health
Holt Renfrew Centre
50 Bloor St west
416-961-1710
Smith's Pharmacy
3463 Yonge Street
416 488-2600

TORONTO EAST
Noah's Natural Foods
348 Danforth Ave
416 466-8432
Big Carrot
348 Danforth Ave
416 466-8432
City Pharmacy
238 Danforth Ave
416 469-1898

TORONTO NORTH
Nutrition House Yorkdale Mall
3401 Dufferin St.
416-782-1309

MISSISSAUGA
Nature's Source
5029 Hurontario St.
905-502-6789

OAKVILLE
Nature's Source
2391 Trafalgar Rd.
905-257-1655

MAPLE
Nature's Source
2943 Major Mackenzie Dr.
905-303-7717

ETOBICOKE
Nutrition House Humbertown
270 The Kingsway
416-232-1272

PLATINUM
www.platinumnaturals.com

THE CANADIAN PRESS H/O

Parmesan Pie Fries

Ingredients:

- 1 frozen deep-dish pie shell
- 1 ml (1/4 tsp) garlic powder
- 50 ml (1/4 cup) grated Parmesan cheese
- 15 ml (1 tbsp) chopped parsley
- 15 ml (1 tbsp) olive oil

Preparation:

1. Preheat oven to 200 C (400 F). Remove pie shell from freezer and let thaw at room temperature 10 minutes.
2. In a small bowl, combine garlic powder, Parmesan and parsley; set aside.
3. Remove pie shell from foil onto a clean, flat, lightly floured work surface. If cracks appear in pastry, press together and repair using fingers moistened with water.
4. Cut out strips that are about 1 by 7.5 cm (1/2 to 3 inches) wide using a fluted pastry cutter and gently place on a parchment-lined baking sheet.
5. Brush lightly with oil and sprinkle with Parmesan mixture. Bake in preheated oven for 12 to 15 minute or until pastry is golden.

THE CANADIAN PRESS/ TENDERFLAKE

Coney Island in Little Italy

The Little Dog Steamies and Fries on College Street serves up classic New York and Quebec-style hot dogs & fries These aren't your average street eats

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

STEPHANIE DICKISON

Original Montreal Steamie, Lesters Gourmet, Chili Fries and Poutine.

"Street meat" carts riddle the downtown core, so it's not often that I feel like a hot dog. But The Little Dog Steamies & Fries in Little Italy is so cheerful. Pastel table and chairs outside lend a vacation-y feel to the place, as does the menu: New York and Quebec dogs and fries.

The Original Montreal Steamie ($1.99), a Nathan's dog, is the juiciest I've ever had. Topped with mustard, relish, onions and superb creamy coleslaw, it's one of the best I've have. While the Lesters Gourmet ($3.99) is perhaps more flavourful, it's drier (almost anything would be).

Salted fries are topped with zesty chili ($2.99) and the poutine ($3.99) serves up better gravy than most poutine houses.

Lunch is so inexpensive you can treat yourself to dessert next door at sister restaurant, The Big Chill.

Scoops of decadent espresso ice cream ($3.50) and blood orange sorbet conclude our memorable staycation.

The Little Dog Steamies & Fries
566 College St.
416-960-2455
Reservations: No
Licensed: No
Quick solo lunch: Yes
Rating: 4 out of 5

PARALEGALS AND LAW CLERKS IN DEMAND

Many law firms are hiring to keep pace with client demands. Herzing College offers a one year LSUC accredited Paralegal program and Law Clerk program that include internships to meet these demands.

Why Choose Herzing College?

- Educating students in Toronto since 1968
- Internship with every diploma program
- Excellent full-time Career Services Department
- Instructors with industry experience
- You will focus on one subject at a time
- Conveniently located in the Toronto Eaton Centre
- Student Loans & Grants available if you qualify
- No classes on Fridays!

CLASSES START SEPT. 19TH!

Join us on facebook.com/herzingtoronto

www.herzing.edu Toronto Eaton Centre Campus

A Canadian blend

Using Herbed Maple Marinade & Blueberry Plum Compote that combine local ingredients gives this grilled pork dish a unique, delicious taste

THE CANADIAN PRESS H/O

This maple and herb marinade can also be used with salmon, trout or chicken.

Ingredients:

Herbed Maple Marinade

- 500 g (1 lb) pork tenderloin
- 50 ml (1/4 cup) maple syrup
- 50 ml (1/4 cup) grainy mustard
- 2 cloves garlic, minced
- 50 ml (1/4 cup) apple cider vinegar
- 30 ml (2 tbsp) olive or vegetable oil
- 22 ml (1 1/2 tbsp) chopped fresh rosemary
- 5 ml (1 tsp) ground coriander
- 2 ml (1/2 tsp) each allspice and salt

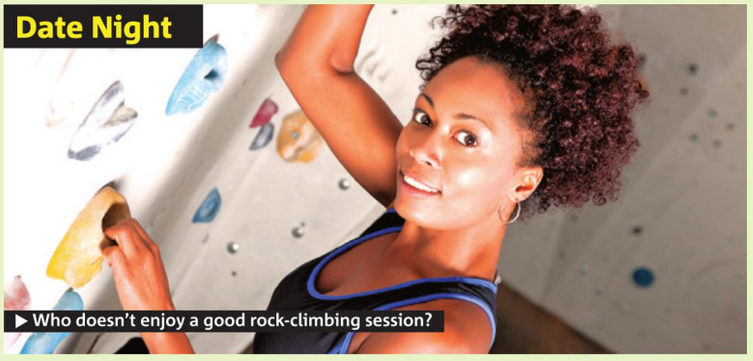
Blueberry Plum Compote

- 50 ml (1/4 cup) granulated sugar
- 50 ml (1/4 cup) water
- 15 ml (1 tbsp) lemon juice
- 2 ml (1/2 tsp) grated lemon rind
- 5 ml (1 tsp) grated fresh ginger
- 1 ml (1/4 tsp) vanilla
- Pinch allspice
- 125 ml (1/2 cup) blueberries
- 2 yellow plums, pitted and coarsely chopped

Preparation:

1. In a small bowl, combine maple syrup, grainy mustard, garlic, apple cider vinegar, oil, rosemary, coriander, allspice and salt. Pour over pork tenderloin in a re-sealable plastic bag and refrigerate to marinate for a minimum of 4 hours or overnight.
2. Place pork on greased BBQ grill over medium heat; close cover and cook until thermometer reaches 68 C (155 F), 20 to 25 minutes. Let stand for 5 to 10 minutes or until internal temperature reaches 71 C (160 F).
3. For Blueberry Plum Compote: In small saucepan, bring sugar and water to boil. Add lemon juice and lemon rind; cook for about 5 minutes or until syrupy. Remove from heat. Add ginger, vanilla and allspice; mix well. Mix in blueberries. Refrigerate until ready to serve. Mix plums into compote. Serve over pork tenderloin. THE CANADIAN PRESS/ FOODLAND ONTARIO

Date Night



▶ Who doesn't enjoy a good rock-climbing session?

Ideas for your next date

1 Climb the walls
Strengthen your body and your relationship with a trip to the climbing gym. Talk about a challenge: Not only will you push yourself physically on your way to the top, but you'll also have to take a leap of faith and trust that your (hopefully) strong-armed partner will keep you off the ground. Scared? Don't be. A one-hour training session will get you more than ready for this adventure. For a wall near you, visit indoorclimbing.com.

2 Be a volun-twosome!
Good deeds make great dates. Volunteer together: Serve food at a homeless shelter, teach some arts and crafts at a senior's home or offer your litter-picking-up services to your city or town.

3 Take to the skies
Warning: Only thrill-seekers need apply. Up for some bungee jumping, zip-lining, rappelling or aerobatic gliding for two? Go to trythat.ca or bungee.com to plan a serious night on (or above) the town.

GO TO 2FORCOUPLES.COM FOR MORE DATE NIGHT IDEAS

TREAT MOTHERS EQUALLY

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

ISTOCK

▶ Meeting the parents is inevitable.

Hi Mr. Butler:
I've never been a fan of my boyfriends' mothers ... bad luck maybe? I've been seeing someone new for two months now and I'm wondering how long I can avoid meeting his mother. Please say a year or longer!!!
Daddy's Girl

Dear Daddy's Girl,

When I first read your question, I thought that you need to toughen up and go meet your boyfriend's mother soon or else your new man may take offence and you run the risk of losing him. Upon further reflection, however, the answer became clearer to me.

You should meet his mother within a month or so of him meeting yours! It's always prudent to treat mothers equally. Please give your boyfriend's mother a chance; she just may turn out to be the fabulous mother in-law of your future! Ask your new boyfriend to share with you a little about his mother and her interests.

Perhaps this will allow you to find a topic of interest ahead of time so that both of you will begin your relationship on the perfect foot and you can actually enjoy each other's company!

CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

FLIGHT CENTRE® Unbeatable

Airfares

Paris $94
Travel Sep 8 - Sep 16/ts — + taxes & fees $474

Orlando $22
Travel Sep 8 - Sep 15/ts — + taxes & fees $237

Montreal one-way $34
Travel Aug 25/ac — + taxes & fees $52

Birmingham $77
Travel Sep 5 - Sep 13/ts — + taxes & fees $522

Munich $99
Travel Aug 16 - Sep 14/ts — + taxes & fees $502

Boston $148
Travel Aug 24 - Aug 29/pd — + taxes & fees $88

Chicago $148
Travel Aug 24 - Aug 29/pd — + taxes & fees $88

New York $148
Travel Aug 24 - Aug 29/pd — + taxes & fees $88

Barcelona $249
Travel Sep 30 - Oct 8/ts — + taxes & fees $424

Vancouver $309
Travel Sep 6 - Sep 11/wg — + taxes & fees $320

Los Angeles $425
Travel Sep 27 - Oct 11/aa — + taxes & fees $129

Canada

Muskoka
Family Special, 2 Nights
$124◊
Residence Inn By Marriott Muskoka Wharf — taxes & fees included
INCLUDES accom on the shores of Lake Muskoka in Gravenhurst. Price is per person based on a family of 4. Travel Sep 16, 23/ggv. ADD a 2-day economy car rental with unlimited mileage for $17 per day.

Montreal 3 Nights $174
Hotel Travelodge Montreal — taxes & fees included
INCLUDES accom near Old Montreal. Travel Oct 16, 23/ggv. UPGRADE to 4-star Hotel Le Cantile Suites for $25 per night.

Cottage Country Family Special 3 Nights $259◊
Elmhirst's Resort — taxes & fees included
INCLUDES lakeview, self-catering cottage accom with private dock on Rice Lake in the Kawarthas. Boat rentals available. Price is per person based on family of 4. Travel Sep 9/ggv.

Québec City Air + 2 Nights 4-Star + Free Cirque du Soleil Show $448
Manoir Victoria — + taxes & fees $139
INCLUDES accom located in the heart of Old Québec. Take advantage of Cirque du Soleil's free street shows, the third chapter of Les Chemins Invisibles. Departs Aug 30/ggv/ac.

USA

Las Vegas Air + 4 Nights
$295
Imperial Palace — + taxes & fees $307
INCLUDES accom on the Strip. Departs Oct 9/swg/wg. UPGRADE to 4-star Luxor for $20 per night.

New Orleans Air + 3 Nights 4-Star $499
Sheraton New Orleans — + taxes & fees $126
INCLUDES accom near French Quarter. Departs Sep 18, 25/ggv/us. ADD swamp and bayou tour for $49.

Maui Air + 7 Nights $969
Lahaina Shores — + taxes & fees $123
INCLUDES central accom. Departs Sep 7/ggv/dl. ADD Drums of the Pacific Luau for $99.

Cruise & Stay

Rome & The Holy Land
Air + 2 Nights + 11-Night Cruise
$1699
Norwegian Jade, Kennedy Hotel — + taxes & fees $489
INCLUDES roundtrip airfare to Rome, 11-night cruise sailing roundtrip from Civitavecchia (Rome) visiting Turkey, Cyprus, Israel, Egypt, and 2 nights Rome accom with breakfast. Departs Oct 14/ncl/ggv/az.

Labour Day Specials

Blue Mountain
Family Special, 3 Nights 4-Star
$129◊
Westin Trillium House — taxes & fees included
INCLUDES accom with kitchenette located within a 1-minute walk to the village. Price is per person based on family of 4. Travel Sep 2/ggv.

Niagara Falls Family Special 3 Nights $195◊
Crowne Plaza Niagara Falls — taxes & fees included
INCLUDES accom near the Falls. Price is per person based on family of 4. Departs Sep 2/ggv.

Ottawa 3 Nights $198
Novotel Ottawa — taxes & fees included
INCLUDES downtown accom close to sights and attractions. Travel Sep 2/ggv.

Mont Tremblant 3 Nights 5-Star $385
Fairmont Tremblant — + taxes & fees $137
INCLUDES Fairmont accom located in the heart of the village. Departs Sep 2/ggv/pd.

Washington DC
Air + 3 Nights 4-Star $598
Washington Hilton — + taxes & fees $110
INCLUDES downtown accom near Dupont Circle. Departs Sep 2/ggv/aa.

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free!†

1 866 485 7092 | TEXT Join our Insider Club for hot deals. Text YOW to 131 600 | flightcentre.ca | Visit us in store.

Conditions apply. Ex: Toronto. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Family special price is per person for quad occupancy (2 adults & 2 kids ages 2-17). ac/aca=air canada, dl=delta, us=us airways, pd=porter, aa=american, az=alitalia, ggv=gogo, wsv/ws=westjet, swg/wg=sunwing, vat/ts=transat, thn=holiday network, ncl=norwegian. † We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

TICO

‘Budget’ isn’t a bad word

Mention the word “budget” to some people and you’ll likely be met with cringes and winces, the kind usually seen from dentists’ chairs.

It’s not very surprising because the perception about making a budget is that it requires us to think carefully about how and where we spend our money. And most of the time we have no idea.

Budgeting blues

Some of the key reasons budgets don’t work is because the person:

- lacks a clear understanding of their financial situation
- is unaware of their actual day-to-day expenditures
- hasn’t defined their financial needs, interests, objectives and goals
- has gotten carried away by debt and has allowed their savings to lag

While it takes discipline to plan and implement a good budget, it doesn’t have to be rocket science.

We asked Jean-Rémy Deschênes, business coordinator in the Wealth Management department at Desjardins Group, for advice on how to create an effective plan.

How to get back on track with your money

It’s important to remember that the initial process of setting up your budget will require a bit of effort, but it’s worth it in the long run.

Keep it simple: Your budget should be straightforward and flexible so it can be easily modified if your income or expenses change.

Set your financial objectives: Your objectives should be realistic, measurable and time-bound.

This will help you stick to your budget and to reach your financial goals and projects.

ISTOCK

▶ Want more money? Stick to a plan.

Be realistic and specific about your spending: Go through your credit union, bank or financial institution account statements to identify your spending patterns.

Each expense item will have its own line in your budget, for example housing, groceries, utilities, transportation, investments, retirement savings, entertainment, clothing, etc.

Identify and itemize your bills. Keep in mind that they may not all be monthly expenses, for example insurance premiums come only once a year, so make sure to break them down into monthly amounts.

Try to avoid guessing the amounts that you spend for each budget line. Be honest with yourself and aim to be as exact as possible.

Stay organized: Save all of your receipts and track them against your budget.

NEWS CANADA

EDITOR’S NOTE: Alison Griffiths will be back next week with her On Money column.

MARKET MADNESS

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Feel like you’re on a roller coaster with your investments? I definitely did last week when the market plunged due to massive economic uncertainty. Investors are feeling uneasy as whispers of “double dip recession” float through the media stirring up anxious conversation.

I certainly don’t want do downplay last week’s market losses, but frankly it’s unwise to get all hyped up and cash out your portfolio.

That action is counter to the most fundamental investment principle of all time: buy low and sell high.

Stats show that emotional investors, those who hop from investment to investment, return less than four per cent on their portfolios in the long run. Those who take a long-term view on the market and stay invested in quality stocks return upwards of 12 per cent.

Sure, it’s natural to get upset when your net worth plummets 20 per cent in a week, but rest assured, economic and stock market cycles (expansion, peaking, retraction and the trough-bottom of the barrel) have occurred many times in the past and people survived.

Why not take advantage of the market volatility and, with the advice of a financial advisor, consider buying investments that have been badly ‘beaten down’.

Then, follow in the footsteps of Warren Buffet, and hold on to good stocks for the long term allowing for appreciation and dividends.

My go-to websites when considering any stock purchase are globeinvestor.com and ca.finance.yahoo.com.

YORKVILLE
LASER EYE CENTRE

Breakthrough pricing you will have to *SEE* to believe:

The **lowest price in the GTA** for All-Laser LASIK starting at

$495 /eye*

Financing Available

- Advanced technology including Visx CustomVue, WaveLight Allegretto and IntraLase FS
- Experienced and skilled surgeons who specialize in **All-Laser LASIK**
- Personalized service and care

For Your **FREE** LASIK Evaluation call:

1-866-999-0436

129 Yorkville Avenue, Suite 300
www.yorkvillelasik.com

*Prices are subject to change without prior notice and vary based on prescription strength. Applicable to surgery on both eyes only.

Dr. John Lloyd MD, FRCSC
Dr. Mounir Bashour MD, FRCSC

Yorkville Laser Eye Centre surgeons have performed **over 65 000 procedures.**

POP QUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can’t get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small’s Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Your money section sponsored by: TD

metro

When not to go back to the books

Is the job hunt getting you down? Speeding back into school may not be your best for future success

DREW HINSHAW
LIFE@METRONEWS.CA

ISTOCK

▶ Blackboards or board meetings? Which to choose?

Nothing makes school look rosier than unemployment.

Somewhere between months one and eight of a fruitless job search, the grass on the campus lawn can appear blindingly green. But don't confuse school for a safehaven, an ivory tower to bunker in while you ride out the recession.

"There's certainly a lot of people who have chosen to do that in this economy," CareerBuilder.com advisor Allison Nawoj notes. That doesn't mean you should join the flock.

"First ask, 'Why are you thinking about going back to school?'" urges President Natascha F. Saunders of Youth Career Coaching. "If it's just, 'I can't find a job,' that's not good enough. You're spending so much time learning new curriculum that you're going to be frustrated if it's not truly a desire for you to get those additional skills."

Before you scoop out a second Stafford loan to cover two years' tuition, "take a few courses to test something out," Nawoj encourages. "There's all kinds of continuing education and evening courses offered at universities," she adds.

"Instead of enrolling at a formal program, that's a great way to get your feet wet and see if it's something you want to pursue."

If so, consider your spending habits—can you afford more university?—and your study habits: are you emotionally ready?

"People forget how you fall out of study mode," Saunders stresses. "When you've been away for a long period of time, it's hard to get started." "But if you feel like you're in that zone, ready to hit the books, then go for it," she adds.

Timing

At some point, you'll likely need a master's degree, Saunders says. The killer question is when.

"Find some key people in that particular sector and interview them: do they have an advanced degree and if so, when did they get it?" Saunders suggests.

"See some data, some facts, what is the norm, before you jump right into it. Map it out." "It's about planning ahead," Nawoj concludes.

"It certainly isn't, 'I don't know what I want to do, I just want to go back to grad school.'"

REWARDING CAREERS ARE NEVER HANDED TO YOU. AT CDI COLLEGE, WE'LL HELP YOU EARN ONE.
CDI College has been helping people like you launch successful careers for more than four decades. Choose from over 50 market-driven programs in Business, Art & Design, Technology and Health Care. A new career can be in the palm of your hand. Call CDI College today!
Medical Office Administrator – Just one of many programs to use iPads in the classroom
youtube.com/CDICareerCollege
twitter.com/CDICollege
facebook.com/CDICollege
cdi college
Canada's Leading Career Training Provider
To get started today, visit to.cdicollege.ca or call 1.877.658.4045

Get the Career YOU Want in 5-12 Months!
We Speak Your Language! 416-969-8845
Para su consulta gratis en español, por favor llame a Lidia ext 224
مشاوره متخصص فارسی زبان: " کیا "
شماره تماس داخلی: 223
免费中文咨询—请电Jun分机228!
Hindi, Punjabi aur Tamil mein salah ke liye, kripya extension 225 pe, Niyati ko phone karein
Бесплатная консультация на русском языке & Consultaţie gratuită în limbă română: 416 646 5599 or 647 403 9661
Financial Assistance May Be Available To Those Who Qualify!
New: FREE English Courses for Our Students!
Health Care
• Personal Support Worker*
• Community Service Worker*
• Medical Office Assistant*
• Medical Receptionist
*with practicum
Law & Business
• Police Foundations (class starts in two weeks)
• Legal Office Assistant
• Business Administration
• Conference & Event Planner
Accounting & IT
• Accounting & Payroll
• Web Designer
• Network Administration
• PC Support Specialist
• Computer Service Tech
• Canadian Security Course
Other Programs
• Marketing Coordinator
• Home Inspection
• Int'l Hospitality Management
• Sales Professional
• Over 40 Diploma Programs
Call to Try Our Classes For Free!
Academy of Learning
DOWNTOWN TORONTO
1255 Bay Street • Suite 800
Toronto, ON • M5R 2A9
www.aoltoronto.com

find us
follow us
like us
We're all over your city in more ways than one. Metro brings you breaking news and great reviews.
metro

Developmental Disabilities Counsellor Program
Start Your Career in Supporting People with Developmental Disabilities
4-month full-time job training program offers:
- Study in 26 Topics
- Pre-arranged Placement
- Guaranteed Job Interview
- High Employment Rate

March 2012 Program Application Deadline: September 27, 2011
For an Application Form and Dates for Information Sessions:
Visit: www.reena.org/ddc.html Call: 905-889-2690 ext. 2048
Developmental Disabilities Counsellor Program is a joint Reena and George Brown College program in partnership with 2 developmental service agencies

IMAGINE YOUR CAREER IN
ENTERTAINMENT MANAGEMENT
EVENT & VENUE MANAGEMENT
FILM & TELEVISION PRODUCTION & POST PRODUCTION
AUDIO ENGINEERING & PRODUCTION/DJ ARTS
Industry related courses • Award winning instructors
2340 Dundas Street W. Toronto
Dundas W.
trebas.com
INSTITUT TREBAS INSTITUTE
COLLEGE TRAINING SINCE 1979
"Robert Plant with GRAMMY winning Trebas graduate"
CALL 416-966-3066

True Appiness
Download the METRO APP for your iPad, Android, BlackBerry and iPhone.
Android is a trademark of Google Inc.
metro

EMPLOYER ERRORS

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO-EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

Canadian employers may "rule" their own workplaces but they definitely don't rule the courts. Despite workplace laws favouring their legal position, many employers make mistakes that hand employees a better case. Here are some of my favourite workplace blunders.

Paying only the statutory minimum on dismissal
You can't make an agreement to pay someone what they are already entitled to. Employers often try anyway. This usually leads them straight to court where judges show them little sympathy and, as in one recent case, can even award additional damages simply for having tried to take advantage of an employee's ignorance.

Probation Employees are not automatically on probation when they start employment unless they sign an employment contract that permits termination, for any reason, during that period. Many employers misunderstand this rule and often to their detriment. Further, there is no right to unilaterally place an employee on probation after she starts work, which a recent court found was a constructive termination.

Resignations In order to resign you must clearly and unequivocally wish to leave – and not to return. It is not a resignation if you are asked or encouraged to leave, nor is it a resignation if you are forced to leave.

Workplace investigations
To rely on misconduct as grounds for discipline or dismissal, allegations must be thoroughly investigated by a trained and neutral party. This rarely happens. Instead, human resources managers investigate by going through the motions, often just to say that they have. Courts routinely overturn the results of these "investigations" although, ironically, employees caught lying during the investigation will give their employers cause for dismissal when their initial behavior did not.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP. TO READ THIS ARTICLE IN ITS ENTIRETY VISIT METRONEWS.CA

METRO WANTS TO HEAR YOUR IDEAS!
Visit metronews.ca/mymetro and share your ideas and suggestions on how we can improve Metro and enter for your chance to WIN $500!
metro

ISTOCKPHOTO/THINKSTOCK

RETURN ON INVESTMENT

CHOOSING COLLEGE MEANS STUDENTS CAN PUT SKILLS TO USE RIGHT AWAY

College is becoming an increasingly popular education option for people eager to jump straight into the workforce.

Patsy MacDonald, registrar at the Nova Scotia Community College, says students want a quick turnaround. "In two years for a diploma or one year for a certificate, they have skills right away and they can start working right away," she says. "It's a return on their investment of money and time."

All of their programs feature "applied learning," where students use classroom theory in a hands-on work situation.

"A lot of our employers like that — they have done the work, as well as learned about it," she says.

NSCC is in close contact with employers to regularly update material so students always have skills to meet workforce needs. MacDonald says more than 70 per cent of NSCC students are working in their chosen field within one year of graduation.

Jim Reed is president of BC Colleges, an organization that represents 11 of the province's colleges. He says a key appeal of a college education is the looming labour shortage. Forecasts predict one million jobs will open up in the next decade and 78 per cent of those will require post-secondary education.

"Not only are college degrees in demand, college is also less expensive than other post-secondary options," he says. Reid cites Canadian Federation of Independent Business statistics that demand for college graduates will soon outpace demand for university graduates by a ratio of 6-to-1.

He says any lingering stigma around college is quickly evaporating in the new economy. "In the coming decade, we need British Columbians, and Canadians in general, to embrace college education and realize that a college program is a terrific option for their children," he says, calling it "accessible, high-quality, affordable and in demand." *– Jon Tattrie*

EXPERIENCED IN LEARNING

College students range from 18 years old to 60-plus. Some come straight from high school with a clear focus on learning a trade and starting to work, while others have been laid off mid-career or want to make a fresh start. At the Nova Scotia Community College, more than 20 per cent of its students already have some post-secondary education. Trades courses are always in demand, as are jobs in health care and IT.

SENECA TAKES FLIGHT

COURSE PROVIDES STUDENTS WITH AN EXTRA EDGE

Alex Johnston, left.

COURTESY SENECA COLLEGE

Seneca College offers a wide range of bachelor degree programs from nursing to software development to accounting and finance. In this spotlight on Seneca's Bachelor of Applied Technology — Flight Program, we examine how the school provides a rigorous aviation curriculum and prepares students to assume the professional responsibility associated with becoming a commercial pilot.

Lynne McMullen is the director of academic operations and has been with the program for 11 years. "I work with the best group of instructors and pilots that has been put together in Canada at a flight school. The enthusiasm and the level of performance that we get from our staff and our students, I'd say, is the best there is. I also get to work with the best equipment in the country. We have an excellent fleet of very well-maintained aircraft because we do the maintenance in-house."

Alex Johnston is a recent graduate of the Flight Program. Throughout his time at Seneca, he demonstrated the highest scholastic achievement in the School of Aviation and Flight Technology. He is currently working as a pilot with AFS Aerial Photography in London, Ont.

"The degree, coupled with the flight training, is what gives us an edge on everyone else," Johnston says.

"If you go to other flight schools, you can get a degree, but what you end up doing is a three-year diploma and then you transfer to a different university for your degree, whereas at Seneca we do it all at once."

The Flight Program has been around for 43 years, and responds to emerging industry demands and prepares students to work for the airlines. Three to four graduates each year are selected for the Air Canada Jazz award, which grants them an interview with the airline.

"We work with Jazz's standard operating procedures, we work with their aircraft operating manuals, so we get to learn about the company," Johnston says. "We get to learn about how they operate their aircraft and then if one of us goes for the interview, we also have that experience of being able to know what they're looking for."

Seneca has a CRJ flight training device that teaches students a wide variety of skills valued by the industry.

"The CRJ experience gives us a huge step forward in the multi-crew environment, and that's what we're all working toward — it gives us a huge amount of experience before we leave the school to go into the industry," Johnston says.

DIFFERENT THAN OTHER SCHOOLS

What differentiates Seneca from other Canadian flight programs?

- Seneca's Flight Program is the only aviation technology-based degree program in Canada.
- The school maintains close associations with airlines like Jazz, Air Canada and Georgian Air.
- The only Canadian school accredited by the Aviation Accreditation Board International (AABI).
- Member of the University Aviation Association (UAA)
- Seneca has a CRJ flight training device, which gives students 50 hours of multi-crew time on a complex aircraft.
- Important relationship with the Air Transport Association of Canada (ATAC)
- Reputation: Seneca pilots have worked all over the world.
- Seneca has been granted consent by the Minister of Training, Colleges and Universities to offer this degree for a five-year term.

Occupation-Specific Language Training

FOR *NEWCOMERS WITH TRAINING OR EXPERIENCE IN:**

- AUTOMOTIVE
- BUSINESS
- CONSTRUCTION
- EARLY CHILDHOOD EDUCATION
- HEALTH SCIENCES
- TECHNOLOGY

NO FEE!

PRACTICAL COURSES:

- Understand Canadian workplace culture
- Improve speaking, listening & pronunciation
- Learn to network

STARTS:

Summer/Fall 2011, Winter 2012

PHONE: 1-877-572- OSLT (6758)

EMAIL: gtacolleges@co-oslt.org

WEBSITE: www.co-oslt.org

Courses are available at one or more of these GTA colleges.

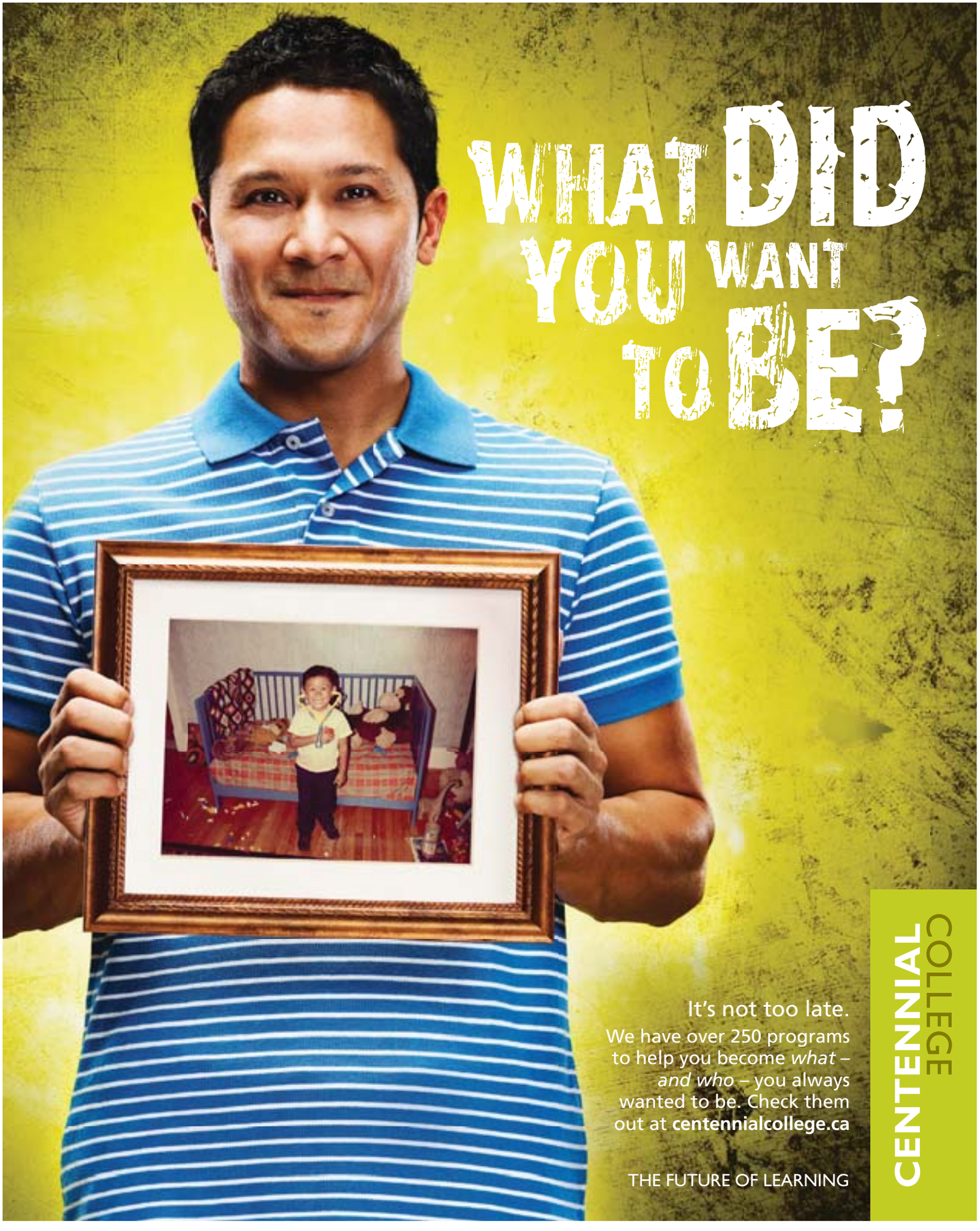
* Candidates are permanent residents or protected persons who have intermediate-level English (CLB 6 to 8)

Collège Boréal · HUMBER · Seneca · Sheridan

Funded by / Financé par : Citizenship and Immigration Canada / Citoyenneté et Immigration Canada

OSLT Occupation-specific Language Training · FLAP Formation linguistique axée sur les professions

COLLEGES ONTARIO | COLLÈGES ONTARIO


WHAT DID YOU WANT TO BE?
It's not too late.
We have over 250 programs to help you become *what* – *and who* – you always wanted to be. Check them out at **centennialcollege.ca**
THE FUTURE OF LEARNING
CENTENNIAL COLLEGE

JUPITERIMAGES/PIXLAND/THINKSTOCK

SATISFACTION GUARANTEED

HOSPITALITY SERVED UP AT CENTENNIAL

Everybody remembers the service.

Any hospitality manager can tell you that. Treating guests right can win their loyalty for life, while treating them poorly can impact your business far beyond a single dissatisfied customer. Centennial College's Hotel and Resort diploma program gives you the skills you need to do things right.

Part of Centennial's School of Hospitality, Tourism and Culture, the Hotel and Resort program admits students in September, January and May, allowing you to complete it in 16 months. Courses cover marketing, human resources, finance, and industry operations.

"The beauty of this industry is that it has a place for everyone, and the same is true for our school," says Mike Shariff, both a professor and co-ordinator. "We'll have 12 different programs next year, all taught by experienced hospitality industry leaders, teaching students with a range of experience and interests. Our classes welcome both local and international students, which reflects the multicultural community we live in and creates a dynamic and energetic learning environment."

The college's post-graduate Hotel, Resort and Restaurant Management certificate program takes student learning a step further. Open to those with either an undergraduate degree in Hospitality and Tourism or another undergraduate degree plus hospitality experience, this intensive, one-year program covers key management areas such as finances, human resources, labour relations, oenology, international operations, leadership, entrepreneurship, security and risk, service quality, marketing, and revenue management.

Both programs include an individualized industry placement, and many students are retained at these placements following graduation, beginning full-time jobs in a work environment where they have already begun to excel. It provides them with a practical foundation for their careers. Like the guests they have learned to serve, they know a good spot once they have found it.

HIGH-PROFILE HAPPENINGS

"If an event matters — really matters — then hospitality, tourism and cultural professionals will be there. Their work supports some of the highest-profile happenings on the globe: From the Olympic Games and the World Cup to the Toronto International Film Festival," says Mike Shariff, professor and co-ordinator at Centennial College's School of Hospitality, Tourism and Culture. "That's why our faculty is drawn from all parts of the field, with not just Canadian but also international education and experience. Canada alone boasts more than 8,000 hotels, motels, inns, and resorts, generating revenue in the billions. Our students have a lot to be responsible for."

Seneca

CREATE AND SUCCEED

PROGRAMS IN COMMUNICATION, ART & DESIGN

- Corporate Communications Graduate Certificate
- Esthetician
- Pre-Media (Media and Communications Fundamentals)
- Visual Effects for Film and Television Graduate Certificate
- General Arts - English for Academic Purposes
- General Arts - One Year Certificate

APPLY NOW SENECACOLLEGE.CA

ABC'S FOR NEWCOMERS

14 COLLEGES JOIN FORCES TO HELP NEW ARRIVALS MASTER CRUCIAL LANGUAGE SKILLS

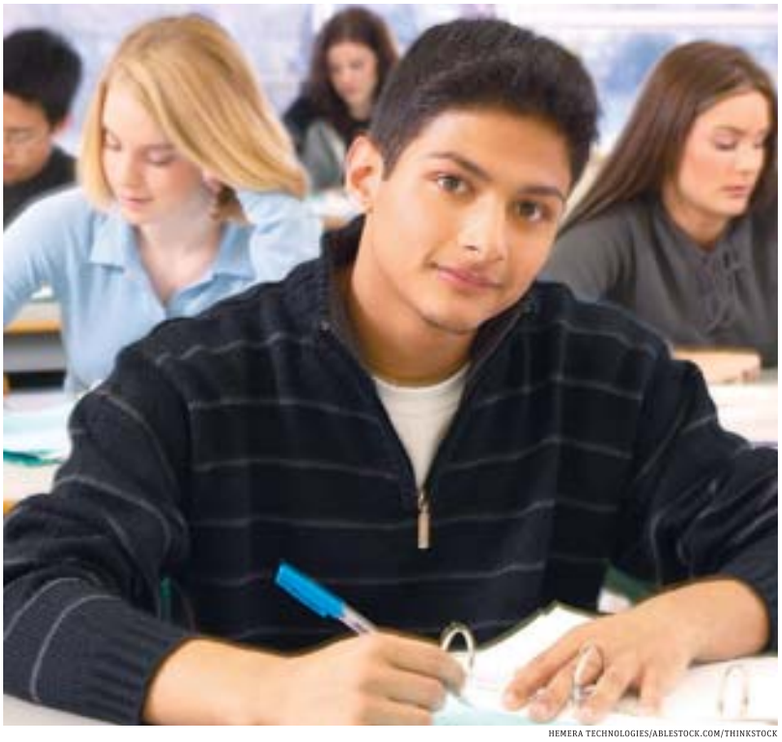
New arrivals to Canada face many challenges — some of them cultural, some job related. When the issue is language, it can be both. No matter your level of experience, you cannot thrive in a Canadian work environment unless you can make yourself easily understood.

That's why 14 Ontario colleges have joined forces to help you master crucial language skills through the Occupation-specific Language Training (OSLT) program.

OSLT courses help you better understand your occupation's workplace culture. By practising authentic dialogue and communication tasks commonly performed on the job, you will learn how to interact effectively with colleagues, supervisors and clients, and communicate clearly in print; advancing your interviewing and networking skills along the way.

Courses are taught on college campuses, often by members of the college's faculty.

"Colleges are well equipped to offer language training for newcomers," says Bill Summers, vice-president, Research & Policy, Colleges Ontario.



HEMERA TECHNOLOGIES/ABLESTOCK.COM/THINKSTOCK

"They have a long history of delivering these and other supports for immigrants."

Pam Glaser, French, Manager, Immigrant Education for George Brown College, sees OSLT as a unique opportunity for collaboration. "Participating colleges in the Greater Toronto Area — Centennial, George Brown, Collège Boréal, Humber, Seneca, and Sheridan — are partnering to help advertise the OSLT program. We not only recruit students, we also help direct them to the right course at the right college. It's a good investment for us, for the students, and for Canada's workforce, too."

REQUIREMENTS FOR COURSE

Fully funded by Citizenship and Immigration Canada, Occupation-specific Language Training (OSLT) courses are taught at no charge. You don't have to be enrolled at a college to take a course on its campus — in fact, you can even be a student at a different institution, or simply a member of the workforce.

Both full-time and part-time courses are available, taught during the day or at night to accommodate full-time work schedules.

However, the program isn't available to everyone. You must have some level of previous training or experience in your sector, and you will need language proficiency at Canadian Language Benchmark (CLB) Level 6 to 8 (in at least one language skill area) to join courses taught in English; or Niveaux de compétence linguistique canadiens Level 6 to 8 for courses taught in French. You must also be a permanent resident, or a protected person.

INDUSTRY, BUSINESS SEEKING MORE ABORIGINAL VOICES

CENTENNIAL PROGRAM PROVIDES BALANCE WITH FIRST NATIONS ISSUES

Canadian industry and economic development are at their best when they benefit from a diverse range of perspectives. There is a particular need in these sectors for more Aboriginal voices, and to meet that need, Centennial College has developed its Aboriginal Business Diploma program.

Part of the college's School of Business, this program's goal is to provide Aboriginal communities with representatives whose understanding of both business and Aboriginal issues and concerns give them a unique and authoritative voice.

Centennial's partnership with the Aboriginal Finance Officers Association ensures this two-year program balances the basics of business, accounting, finance, and communications with Aboriginal ethics and business practices.

As a graduate, you will have the skills necessary to pursue a career as a bank teller, mortgage specialist, bookkeeper, insurance broker, account manager, and a lot more. You will even have the foundational skills you need to be an entrepreneur.

The Aboriginal Business Diploma program suits analytical thinkers with strong numeracy, organizational and interpersonal skills, a willingness to work in team environments, and the ability to work under pressure to meet deadlines. Its courses accommodate mature students, as well as recent high school graduates.

But that doesn't mean the program is open to everyone.

"Applicants must self-identify as a member of an Aboriginal group," says John Harris, a program chair in the School of Business.

"However, you don't need to be of Aboriginal descent to take our general-interest Aboriginal Studies courses. We want to give everyone a chance to learn about — and learn from — Aboriginal culture."

JACK HOLLINGSWORTH/PHOTODISC/THINKSTOCK

STUDENTS ELIGIBLE FOR 40 BURSARIES

Centennial College continues to expand its Aboriginal educational opportunities with a new three-year program: Business Administration-Accounting (Aboriginal Stream). Only students of Aboriginal descent are admitted into the program, which offers a total of $40,000 in bursaries (40 bursaries of $1,000 each), assigned by need.

Developed in partnership with the Certified General Accountants Association, this program addresses the Aboriginal community's need for individuals with both a strong accounting foundation and understanding of Aboriginal business requirements. The accounting curriculum is supplemented with courses such as Aboriginal Strategy and Decisions, Aboriginal Challenges and Advocacy, and Values and Ethics in the Aboriginal Workplace.

The college will also form a separate Program Advisory Committee (PAC) that includes senior management executives of Aboriginal decent, as well as executives from organizations with an interest in hiring program graduates.

4 sports

Upsets as Rogers Cup opens

Qualifiers Galina Voskoboeva, Simona Halep knock off No. 9 and 12 seeds in Toronto

CHRIS YOUNG/THE CANADIAN PRESS

▶ Galina Voskoboeva plays a shot during her 6-3, 6-3 win over Marion Bartoli yesterday.

Galina Voskoboeva started a trend of upsets on the first day of the women's main draw at the Rogers Cup.

The qualifier from Kazakhstan eliminated No. 9 seed Marion Bartoli of France 6-3, 6-3 in first-round action yesterday just hours before 19-year-old Romanian Simona Halep rallied to take out 12th-seeded Svetlana Kuznetsova of Russia 4-6, 6-4, 6-3.

Kuznetsova made 50 unforced errors to lose control of the match and send Halep to the second round in the young qualifier's Rogers Cup debut.

The 55th-ranked Halep, who advanced to the main draw after defeating Toronto's Sharon Fichman in final-round qualifying Sunday, rebounded after dropping the opening set to stun the 15th-ranked Kuznetsova.

The 26-year-old Voskoboeva is ranked 135th in the world and came into the match fresh off a semifinals appearance at the inaugural Baku Cup in Azerbaijan. Her career-best ranking was No. 64 in February 2009.

Bartoli, meanwhile, struggled with her serve, giving away four double-fault points, while Voskoboeva capitalized on her opportunities by winning four of her six break points.

"It was a day when nothing was working," Bartoli said. "I tried my hardest but I committed so many mistakes it was hard to win. I was not feeling the ball and my legs were not moving. I was late on everything and committing a lot mistakes, especially on my backhand."

Bartoli was making her eighth visit to the Rogers Cup and first since a similar first-round defeat in 2009 when she lost as the 13th seed to Ukraine's Alona Bondarenko.

Voskoboeva said going up against a top-10 seed didn't intimidate her.

"I'm pretty confident right now," she said. "I was not that nervous, you know, against who I was playing, so I just knew that I can play good and that's it."

Defending champion Caroline Wozniaki, who starts her title defence in the second round, noted the field is wide open in women's tennis these days, with a new face winning each of this year's Grand Slams so far. That means even superstars like her need to be on their best in the early rounds.

"I think there's a lot of good players out there and depending on the day you can win against anyone," said the top-seeded Dane. "It's about being consistent and thinking positive out there on the court and doing your best."

Earlier yesterday, Samantha Stosur opened on centre court at the Rexall Centre with a 4-6, 6-2, 6-3 victory over Japan's Ayumi Morita.

The 10th-seeded Australian was making her second appearance at the tournament after reaching the quarter-finals in 2009.

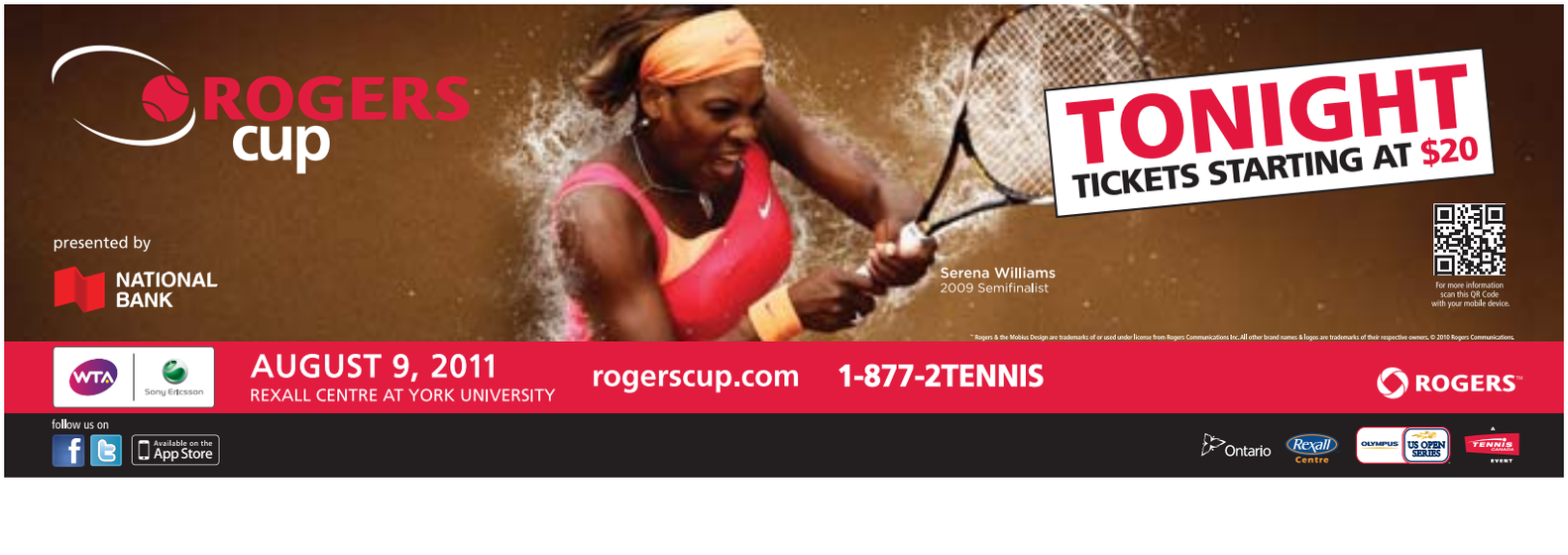
Stosur will meet the winner of today's match between Aleksandra Wozniak of Blainville, Que., and Shahar Peer of Israel.

THE CANADIAN PRESS

Quoted

"It was a beautiful day for me today. I was a bit nervous waking up. But this is normal, I guess."

CANADIAN TENNIS PLAYER ERIK CHVOJKA WHO DELIVERED A SCARE YESTERDAY TO NO. 21-RANKED ALEXANDR DOLGOPOLOV AT THE ROGERS CUP IN MONTREAL. CHVOJKA, A 24-YEAR-OLD, RANKED 290TH, FROM THE MONTREAL SUBURB OF KIRKLAND, BATTLED HARD, BEFORE FALLING 6-3, 5-7, 6-4.



ANDY LYONS/GETTY IMAGES

▶ Tiger Woods reacts to a putt during the World Golf Championships-Bridgestone Invitational on Sunday.

Tiger toothless ahead of PGA Championship

Woods' aura fading going into year's final major at Atlanta Athletic Club

Tiger Woods stepped from behind a microphone, thankful to be done with a short interview that felt like an intrusion. He took 23 questions, most of them about his golf, a few others about his left leg, then walked off without looking at anyone.

"That's why you guys listen," he muttered under his breath, "and I play."

He was as dismissive as ever, but clearly not the Tiger Woods he once was.

On the golf course, he set an unparalleled standard of excellence. Starting Thursday, he'll compete in the PGA Championship without having won anything in 16 months. Since Woods returned from a sex scandal, he still doesn't have a corporate logo on his golf bag.

"His temperament, his patience ... that's been tested and tested and tested. He senses the public doesn't look at him in a perfect light the way they once did."
PGA TOUR GOLFER STUART APPLEBY

The red shirt on Sunday looks the same, yet even that has lost some of its meaning.

"That's his trademark," Graeme McDowell said. "Really, I think that's all it is right now. ... It's not really something to be intimidated by anymore."

McDowell, who won the U.S. Open last summer, still considers Woods to be special. But after more than a year of middling finishes and missed events because of injuries to his left leg, Woods is currently just another player in the field.

"Mystique is not something that's measurable," McDowell said. "It's when you stand on the tee box with him and you get the feeling you're in the presence of greatness. ... What Tiger was doing all for years and years was superhuman. He was imposing himself on players just by being there.

"Until he starts winning again, he's not going to get that back."

For all he's done to wreck his image, most everyone on tour wants to see him return to greatness. Even though there is a new wave of players starting to emerge, like U.S. Open champion Rory McIlroy, it's hard to find anyone who won't say that golf still needs Woods.

"Tiger still is golf, really," McDowell said.

"It's exciting to have him back."

THE ASSOCIATED PRESS

LAWRIE'S T.O. DEBUT

Hype machine in full swing

GREG FIUME/GETTY IMAGES

▶ Brett Lawrie

The Blue Jays, like any other pro sports franchise, are not impervious to the hype that surrounds the arrival of a super talented prospect.

With the arrival of Brett Lawrie — who plays his first game in Toronto tonight — and Colby Rasmus, Toronto has seen the hype machine rocket to levels not seen for a baseball prospect in recent memory.

But hype has proven fickle and fleeting in the past — more players than not fail to live up to the expectations. It can boost a player to better performance, or contribute to failure. It is a valuable tool to a general manager, but also a potentially unwanted phenomenon a front office must face as it introduces a prospect to the highest levels of the sport.

Here's a look at the effects, both good and bad, of the hype machine in recent years for the Jays.

BRETT LAWRIE/COLBY RASMUS

Rightly or wrongly, Lawrie and Rasmus represent the future in Toronto. Lawrie brings the promise of power not seen from a Jays prospect since Carlos Delgado's early days, while Rasmus figures as a five-tool player along the lines of Jacoby Ellsbury. It makes for great story lines. It's also a lot to live up to.

TRAVIS SNIDER/BRETT CECIL

The question surrounding Travis Snider's demotion last week was, simply, why?

The numbers say Snider did not live up to his hype. Against that background, he has now been mentioned by critics as falling out of the picture as a cornerstone player, even though he barely had any time to prove he was worthy of such expectations.

Cecil, meanwhile, appears to have benefited from travelling down a road Snider is now negotiating. The Jays' top winner in 2010, Cecil took a demotion earlier this season very hard.

HYPE SURVIVORS

Since the 2000 season, the Jays have had 124 rookies in their lineup.

Arguably, only 19 of them have gone on to have an impact at the major leagues, or remain with the Jays (Vernon Wells, Cesar Izturis, Eric Hinske, Orlando Hudson, Justin Miller, Jayson Werth, Reed Johnson, Jason Frasor, Brandon League, Alex Rios, Aaron Hill, Shaun Marcum, Casey Janssen, Adam Lind, Jesse Litsch, Brett Cecil, Ricky Romero, Travis Snider and J.P. Arencibia).

TORSTAR NEWS SERVICE

WE NEED
MALES & FEMALES
Are you a healthy, non-smoking
MALE OR FEMALE
18 YEARS OF AGE OR OLDER?
Free of daily medications?
If so, you may be eligible for our upcoming clinical research study:
• Study starts on Friday, Aug 19, 2011 – 3 sessions with 2 short return visits per session.
• Compensation is up to $2500 for completing the entire study.
CALL: 416-747-5246
Toll Free: 1-866-747-5246
Mon-Fri: 8-7, Sat-Sun: 10-6
BioPharma Services Inc.
4000 Weston Road, Toronto
www.biopharmaservices.ca

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	70	43	.619	—
New York	69	44	.611	1
Tampa Bay	60	54	.526	10½
Toronto	58	56	.509	12½
Baltimore	44	68	.393	25½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	61	53	.535	—
Cleveland	56	56	.500	4
Chicago	56	58	.491	5
Minnesota	51	63	.447	10
Kansas City	49	66	.426	12½

WEST DIVISION

	W	L	Pct	GB
Texas	64	51	.557	—
Los Angeles	63	52	.548	1
Oakland	51	63	.447	12½
Seattle	49	64	.434	14

Last night's results
Chicago White Sox 7, Baltimore 6
Tampa Bay 2, Kansas City 1
Boston at Minnesota
Seattle at Texas
Sunday's results
Toronto 7, Baltimore 2
Oakland 5, Tampa Bay 4, 10 innings
Chicago White Sox 7, Minnesota 0
Kansas City 4, Detroit 3
L.A. Angels 2, Seattle 1
Texas 5, Cleveland 3
Boston 3, N.Y. Yankees 2, 10 innings
Tonight's games
Chicago White Sox (Floyd 9-10) at Baltimore (Jo-.Reyes 5-8), 7:05 p.m.
Detroit (Fister 4-12) at Cleveland (Masterson 9-7), 7:05 p.m.
L.A. Angels (Haren 12-6) at N.Y. Yankees (A.J.Burnett 8-9), 7:05 p.m.
Oakland (Harden 2-2) at Toronto (Cecil 4-4), 7:07 p.m.
Kansas City (Francis 4-11) at Tampa Bay (Shields 10-9), 7:10 p.m.
Seattle (Pineda 9-7) at Texas (Ogando 11-5), 8:05 p.m.
Boston (Bedard 4-7) at Minnesota (Liriano 7-9), 8:10 p.m.
Tomorrow's games
Chicago White Sox at Baltimore, 7:05 p.m.
Detroit at Cleveland, 7:05 p.m.
L.A. Angels at N.Y. Yankees, 7:05 p.m.
Oakland at Toronto, 7:07 p.m.
Kansas City at Tampa Bay, 7:10 p.m.
Seattle at Texas, 8:05 p.m.
Boston at Minnesota, 8:10 p.m.

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Lawrie	11	2	5	1	2	.455
Bautista	362	81	114	33	76	.315
Molina	119	16	36	2	11	.303
Escobar	401	61	121	10	41	.302
Encarnacion	325	46	90	9	29	.277
Lind	349	44	95	19	60	.272
Thames	182	27	48	5	22	.264
Rasmus	41	4	10	1	5	.244
Davis	311	43	74	1	28	.238
McDonald	153	17	36	2	19	.235
Hill	357	36	82	5	40	.230
Arencibia	310	37	67	18	52	.216
Teahen	120	11	24	3	11	.200

PITCHERS	W	L	SV	IP	SO	ERA
Janssen	3	0	1	34.2	32	2.60
Romero	10	9	0	159.0	138	2.94
Perez	1	2	0	36.1	31	3.47
Mills	1	1	0	12.1	10	3.65
Villanueva	6	3	0	97.2	63	4.24
Cecil	4	4	0	70.1	52	4.35
Litsch	4	3	0	51.1	45	4.38
Francisco	1	4	10	34.2	39	4.41
Morrow	8	6	0	119.2	139	4.51
Rauch	4	3	11	47.2	32	4.53
Camp	1	2	1	47.2	21	5.10
Ledezma	0	0	0	3.0	5	9.00
Miller	0	0	0	1.0	1	9.00

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	74	40	.649	—
Atlanta	66	49	.574	8½
New York	57	57	.500	17
Florida	55	59	.482	19
Washington	55	59	.482	19

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	65	50	.565	—
St. Louis	62	53	.539	3
Cincinnati	55	59	.482	9½
Pittsburgh	54	59	.478	10
Chicago	49	66	.426	16
Houston	37	77	.325	27½

WEST DIVISION

	W	L	Pct	GB
San Francisco	63	52	.548	—
Arizona	62	52	.544	½
Colorado	53	62	.461	10
Los Angeles	52	61	.460	10
San Diego	51	65	.440	12½

Last night's results
N.Y. Mets 9, San Diego 8
Atlanta at Florida
Colorado at Cincinnati
Washington at Chicago Cubs
Houston at Arizona
Philadelphia at L.A. Dodgers
Pittsburgh at San Francisco
Sunday's results
Atlanta 6, N.Y. Mets 5
St. Louis 8, Florida 4
San Diego 7, Pittsburgh 3
Milwaukee 7, Houston 3
Cincinnati 8, Chicago Cubs 7
Washington 3, Colorado 2
San Francisco 3, Philadelphia 1
Arizona 4, L.A. Dodgers 3
Tonight's games
Atlanta (Beachy 5-2) at Florida (Hensley 1-4), 7:10 p.m.
Colorado (Rogers 5-1) at Cincinnati (Willis 0-1), 7:10 p.m.
San Diego (LeBlanc 0-2) at N.Y. Mets (Capuano 9-10), 7:10 p.m.
Washington (Detwiler 1-1) at Chicago Cubs (R.Lopez 2-3), 8:05 p.m.
Milwaukee (Marcum 10-3) at St. Louis (E.Jackson 1-1), 8:15 p.m.
Houston (Lyles 1-6) at Arizona (Marquis 8-6), 9:40 p.m.
Philadelphia (Cl.Lee 11-7) at L.A. Dodgers (Lilly 7-11), 10:10 p.m.
Pittsburgh (Ja.McDonald 7-5) at San Francisco (Bumgarner 6-11), 10:15 p.m.
Wednesday's Games
Philadelphia at L.A. Dodgers, 3:10 p.m.
Pittsburgh at San Francisco, 3:45 p.m.
Atlanta at Florida, 7:10 p.m.
Colorado at Cincinnati, 7:10 p.m.
San Diego at N.Y. Mets, 7:10 p.m.
Washington at Chicago Cubs, 8:05 p.m.
Milwaukee at St. Louis, 8:15 p.m.
Houston at Arizona, 9:40 p.m.

SUNDAY

BLUE JAYS 7, ORIOLES 2

Toronto	ab	r	h	bi	Baltimore	ab	r	h	bi
RDavis lf	5	1	0	0	Andino ss	4	0	1	0
YEscor ss	5	0	1	0	Markks rf	3	0	1	0
Bautist rf	5	0	1	2	AdJons cf	4	0	0	0
Lind dh	5	0	0	0	Guerrr dh	4	0	0	0
Encrnc 1b	4	2	3	0	MrRynl 1b	3	2	2	2
Rasms cf	4	1	2	0	Reimld lf	3	0	0	0
Arencii c	4	1	1	2	Tatum c	3	0	0	0
JMcDnl 2b	4	0	3	2	J.Bell 3b	3	0	0	0
Lawrie 3b	4	2	2	1	Clzturs 2b	1	0	0	0
					BDavis 2b	2	0	1	0
Totals	40	7	13	7	Totals	30	2	5	2

Toronto	002	301	010 — 7
Baltimore	000	010	100 — 2

E—J.Bell (1). DP—Toronto 2. LOB—Toronto 6, Baltimore 2. 2B—Bautista (19), Encarnacion (28), Rasmus (4), Arencibia (13), Jo.McDonald (6), Andino (12), B.Davis (3). HR—Lawrie (1), Mar.Reynolds 2 (26). SB—R.Davis (34). CS—Jo.McDonald (4).

Toronto	IP	H	R	ER	BB	SO
R.Romero W,10-9	8	4	2	2	0	5
Janssen	1	1	0	0	0	1
Baltimore						
Simon L,3-5	5 2-3	10	6	4	0	3
Bergesen	3	3	1	1	0	4
M.Gonzalez	1-3	0	0	0	0	0

HBP—by R.Romero (Markakis).
Umpires—Home, Bob Davidson; First, Lance Barrett; Second, Brian Knight; Third, Jerry Layne.
T—2:25. A—13,824 (45,438).

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	23	9	7	7	24	22	34
Philadelphia	22	8	5	9	27	20	33
Kansas City	23	7	7	9	32	30	30
New York	24	6	6	12	37	33	30
Houston	23	6	7	10	28	28	28
D.C. United	21	6	6	9	29	33	27
New England	23	4	10	9	22	33	21
Toronto	25	3	11	11	24	46	20
Chicago	22	2	7	13	23	30	19

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	25	13	3	9	35	20	48
Dallas	24	12	6	6	31	24	42
Seattle	24	11	5	8	35	27	41
Colorado	25	9	6	10	35	31	37
Real Salt Lake	21	10	5	6	30	16	36
Chivas USA	23	7	8	8	30	26	29
Portland	22	7	10	5	28	35	26
San Jose	23	5	8	10	25	30	25
Vancouver	23	3	11	9	25	36	18

Note: Three points for a win, one for a tie.
Sunday's result
Vancouver 4 Chicago 2
Saturday's results
Toronto 3 D.C. United 3
Chivas USA 3 New England 2
Houston 1 Philadelphia 1
Los Angeles 3 Dallas 1
Portland 1 San Jose 1
Real Salt Lake 3 New York 0
Seattle 2 Kansas City 1
Saturday, Aug. 13
Chivas USA at Seattle, 4 p.m.
Real Salt Lake at Toronto, 7 p.m.
New England at Columbus, 7:30 p.m.
Vancouver at D.C. United, 7:30 p.m.
Chicago at New York, 7:30 p.m.
FC Dallas at Philadelphia, 8 p.m.
Colorado at San Jose, 10:30 p.m.
Sunday, Aug. 14
Portland at Houston, 9 p.m.

CFL

WEEK SIX

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	6	5	1	0	152	113	10
Montreal	6	4	2	0	195	152	8
Hamilton	6	3	3	0	152	144	6
Toronto	6	1	5	0	128	178	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	6	5	1	0	169	127	10
Calgary	6	4	2	0	149	137	8
B.C.	6	1	5	0	150	172	2
Saskatchewan	6	1	5	0	112	184	2

Saturday's result
Calgary 32 Hamilton 20
Friday's results
B.C. 24 Saskatchewan 11
Winnipeg 28 Edmonton 16
Thursday's result
Montreal 36 Toronto 23
WEEK SEVEN
Thursday, Aug. 11
Edmonton at Montreal, 7:30 p.m.
Friday, Aug. 12
Calgary at Saskatchewan, 9 p.m.
Saturday, Aug. 13
Toronto at Hamilton, 7 p.m.
Winnipeg at B.C., 10 p.m.
WEEK EIGHT
Byes: Calgary, Hamilton, Montreal, Winnipeg
Thursday, Aug. 18
Saskatchewan at Toronto, 7:30 p.m.
Friday, Aug. 19
B.C. at Edmonton, 9 p.m.

LEADERS

Unofficial CFL scoring leaders following Saturday's game (x — scored two-point convert):

SCORING

	TD	C	FG	S	Pts
Whyte, Mtl	0	21	15	1	67
Duval, Edm	0	17	13	9	65
Palardy, Wpg	0	12	16	4	64
Medlock, Ham	0	15	14	3	60
McCallum, BC	0	13	15	2	60
Paredes, Cal	0	11	12	4	51
E.Johnson, Sask	0	11	10	5	46
Stala, Ham	6	0	0	0	36
Prefontaine, Tor	0	8	8	0	32
Edwards, Wpg	5	0	0	0	30
Kackert, Tor	5	0	0	0	30
Stamps, Edm	5	0	0	0	30
Bratton, Mtl	4	0	0	0	24
Cornish, Cal	4	0	0	0	24
Diedrick, Mtl	4	0	0	0	24
Barnes, Edm	3	0	0	0	18
Brown, BC	3	0	0	0	18
Cates, Sask	3	0	0	0	18
Cobourne, Ham	3	0	0	0	18
Foster, BC	3	0	0	0	18
Green, Mtl	3	0	0	0	18
Porter, Edm	3	0	0	0	18
Richardson, Mtl	3	0	0	0	18
Robertson, BC	3	0	0	0	18
C.Williams, Ham	3	0	0	0	18
Shaw, Tor	0	5	4	1	18
Dressler, Sask	2	0	0	0	12
Getzlaf, Sask	2	0	0	0	12
Jeffers-Harris, Wpg	2	0	0	0	12
Joseph, Edm	2	0	0	0	12
Lemon, Tor	2	0	0	0	12
McPherson, Mtl	2	0	0	0	12
Messam, Edm	2	0	0	0	12
Reynolds, Cal	2	0	0	0	12
Simon, BC	2	0	0	0	12
Whitaker, Mtl	2	0	0	0	12
Banks, BC	1	0	0	0	6
Bishop, Cal	1	0	0	0	6

GOLF

WORLD RANKING

THROUGH AUG. 7

1. Luke Donald	Eng	10.10
2. Lee Westwood	Eng	8.26
3. Martin Kaymer	Ger	7.10
4. Rory McIlroy	NIr	6.98
5. Steve Stricker	USA	6.91
6. Phil Mickelson	USA	5.95
7. Jason Day	Aus	5.81
8. Dustin Johnson	USA	5.63
9. Adam Scott	Aus	5.50
10. Nick Watney	USA	5.28
11. Matt Kuchar	USA	5.21
12. Charl Schwartzel	SAf	5.19
13. Graeme McDowell	NIr	5.04
14. K.J. Choi	Kor	4.73
15. Bubba Watson	USA	4.63
16. Paul Casey	Eng	4.40
17. Ian Poulter	Eng	4.29
18. Kim Kyung-Tae	Kor	3.77
19. David Toms	USA	3.70
20. Robert Karlsson	Swe	3.69
21. Hunter Mahan	USA	3.66
22. Martin Laird	Sco	3.63
23. Francesco Molinari	Ita	3.62
24. Retief Goosen	SAf	3.61
25. Jim Furyk	USA	3.56
26. Alvaro Quiros	Esp	3.49
27. Ernie Els	SAf	3.46
28. Rickie Fowler	USA	3.45
29. Zach Johnson	USA	3.43
30. Tiger Woods	USA	3.43
31. Matteo Manassero	Ita	3.34
32. Miguel Angel Jimenez	Esp	3.33
33. Darren Clarke	NIr	3.25
34. Justin Rose	Eng	3.18
35. Bo Van Pelt	USA	3.10
36. Louis Oosthuizen	SAf	2.99
37. Gary Woodland	USA	2.97
38. Tim Clark	SAf	2.97
39. Y.E. Yang	Kor	2.96
40. Ryo Ishikawa	Jpn	2.95
41. Ryan Moore	USA	2.94
42. Geoff Ogilvy	Aus	2.93
43. Bill Haas	USA	2.91
44. Peter Hanson	Swe	2.88
45. Anders Hansen	Den	2.88
46. Edoardo Molinari	Ita	2.87
47. Brandt Snedeker	USA	2.78
48. Robert Allenby	Aus	2.76
49. Simon Dyson	Eng	2.69
50. Aaron Baddeley	Aus	2.66
51. Sergio Garcia	Esp	2.65
52. Webb Simpson	USA	2.62
53. Jonathan Byrd	USA	2.60
54. Rory Sabbatini	SAf	2.59
55. Ryan Palmer	USA	2.58
56. Fredrik Jacobson	Swe	2.47
57. Lucas Glover	USA	2.47
58. Mark Wilson	USA	2.45
59. Ben Crane	USA	2.39
60. Yuta Ikeda	Jpn	2.29
61. Anthony Kim	USA	2.29
62. Sean O'Hair	USA	2.28
63. Ross Fisher	Eng	2.27
64. Thomas Bjorn	Den	2.23
65. Charley Hoffman	USA	2.19
66. J.B. Holmes	USA	2.18
67. Jeff Overton	USA	2.18
68. Vijay Singh	Fji	2.16
69. Padraig Harrington	Irl	2.16
70. Richard Green	Aus	2.14
71. Alexander Noren	Swe	2.12
72. Steve Marino	USA	2.10
73. Nicolas Colsaerts	Bel	2.07
74. Raphael Jacquelin	Fra	2.05
75. Hiroyuki Fujita	Jpn	2.03

TENNIS

ATP ROGERS CUP

At Montreal
Singles
First Round
Stanislas Wawrinka (14), Switzerland, def. David Nalbandian, Argentina, 6-1, 6-4.
Alexandr Dolgopolov, Ukraine, def. **Erik Chvojka, Montreal,** 6-3, 5-7, 6-4.
Kevin Anderson, South Africa, def. Pablo Andujar, Spain, 6-4, 6-4.
Alex Bogomolov Jr., U.S., def. Adrian Mannarino, France, 6-2, 7-6 (4).
Thomaz Bellucci, Brazil, def. Andrey Golubev, Kazakhstan, 7-5, 7-6 (6).
Ivo Karlovic, Croatia, def. Juan Monaco, Argentina, 6-7 (2), 6-3, 7-6 (5).
Ernests Gulbis, Latvia, def. Juan Carlos Ferrero, Spain, 3-6, 6-1, 7-5.
Ivan Dodig, Croatia, def. Jeremy Chardy, France, 6-3, 6-4.
Nikolav Davydenko, Russia, def. Flavio Cipolla, Italy, 6-3, 6-3.
Marin Cilic, Croatia, def. Andreas Seppi, Italy, 7-5, 6-4.
Juan Martin del Potro (16), Argentina, def. Jarkko Nieminen, Finland, 6-4, 6-0.
Bernard Tomic, Australia, def. Yen-hsun Lu, Taiwan, 7-6 (5), 6-3.
Jo-Wilfred Tsonga (13), France, def. Fabio Fognini, Italy, 6-4, 7-6 (0).
Doubles
First Round
Novak Djokovic and Janko Tipsarevic, Serbia, def. Mark Knowles, Bahamas, and Philipp Petzschner, Germany, 5-7, 6-3, 12-10 tiebreak.
Feliciano Lopez and Fernando Verdasco, Spain, def. Vasek Pospisil, Vernon, B.C., and Adil Shamasdin, Pickering, Ont., 6-4, 6-3.
Tomas Berdych, Czech Republic, and Florian Mayer, Germany, def. Marc Lopez and Rafael Nadal, Spain, 6-3, 7-6 (5).

WTA ROGERS CUP

At Toronto
Singles
First Round
Nadia Petrova, Russia, def. Jarmila Gajdosova, Australia, 6-1, 6-2.
Sam Stosur (10), Australia, def. Ayumi Morita, Japan, 4-6, 6-2, 6-3.
Greta Arn, Hungary, def. Klara Zakopalova, Czech Republic, 6-3, 6-1.
Galina Voskoboeva, Kazakhstan, def. Marion Bartoli (9), Italy, 6-3, 6-3.
Lucie Safarova, Czech Republic, def. Polona Hercog, Slovenia, 6-3, 4-6, 6-3.
Zheng Jie, China, def. Alberta Brianti, Italy, 6-2, 6-1.
Simona Halep, Romania, def. Svetlana Kuznetsova (12), Russia, 4-6, 6-4, 6-3.
Maria Jose Martinez Sanchez, Spain, def. Anastasia Pavlyuchenkova (14), Russia, 3-6, 6-4, 6-1.
Doubles
First Round
Klaudia Jans-Ignacik and Alicja Rosolska, Poland, def. **Sharon Fichman, Toronto,** and **Marie-Eve Pelletier, Repentigny, Que.**, 7-5, 7-5.
Monica Niculescu, Romania, and Shahar Peer, Israel, def. Alla Kudryavtseva, Russia, and Klara Zakopalova, Czech Republic, 3-6, 6-2, 10-6 tiebreak.
Nuria Llagostera Vives and Arantxa Parra Santonja, Spain, def. Eleni Daniilidou, Greece, and Polona Hercog, Slovenia, 2-6, 6-2, 10-4 tiebreak.

LOVE TO PLAY?
Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!
Available on the App Store
metro play

Apartment Finder

To advertise contact Ian March at 416-443-4388

CARLTON & YONGE
33 Wood St. Apartments
LARGEST 2 Bedroom suites in the area!!!
CALL US NOW!!
FURNISHED SUITES
available now!
Unfurnished suites available as well.
416-593-1772

JANE/STEELES
310/320 Niska Road *(north york)*
FRESHLY PAINTED AND WELL MAINTAINED
Spacious 2 bdrm units from $900/mo.
Walk to York University
Parking Available
Large balconies
Call 416-720-9500
metronews.ca

PHARMACY & DANFORTH AVE.
1 bd. from $835 2 bd. from $975
Utilities included, New kitchen & bathroom on select suites, security, shops on site, short walk to Victoria Park subway
Mon-Fri 9-5 Sat 12-5
416.694.3187
WWW.PRINCESSMGMT.COM
like us metro

ROYAL YORK & DUNDAS
IMMEDIATE & LATER
1 bedroom from $990
2 bedrooms from $1250
Suites renovated, parking , summer pool, close to shopping, TTC stops, hydro extra, bonus on select suites
416.207.1792
WWW.PRINCESSMGMT.COM
follow us metro

find us follow us like us
We're all over your city in more ways than one. Metro brings you breaking news and great reviews.
metro

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT?
Call the Licensed Debt Professionals™
GET OUT OF DEBT!
- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, C.A., CIRP, Trustee
FREE Consultation 310-9200
(no area code needed)
DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy
HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK | TORONTO | PICKERING / AJAX | MISSISSAUGA / ETOBICOKE
For more information visit us online at www.DavidSklar.com

STRESSED ABOUT DEBT?

More people talk to BDO for debt solutions than anyone else in Canada. And we've been doing it for over 50 years. It won't cost you anything to call. You'll feel a whole lot better when you do.
BDO helps you take control of debt.
Credit & Debt Counsellors | Proposal Administrators | Trustee in Bankruptcy
Tel: 416 865 0210 Toll free: 800 561 DEBT
bdodebthelp.ca
BDO Canada Limited is an affiliate of BDO Canada LLP. BDO Canada LLP, a Canadian limited liability partnership, is a member of BDO International Limited, a UK company limited by guarantee, and forms part of the international BDO network of independent member firms. BDO is the brand name for the BDO network and for each of the BDO Member Firms.
BDO

CREDIT PROBLEMS? Pay NO Interest!
$ SAVE $ MONEY
Consolidate All Your Debts Into One Small Monthly Payment!
We beat any offer in Ontario GUARANTEED!
Call Now..
416-900-2324
EMPIRE ONE CREDIT SOLUTIONS
Free & Private Consultation
SCARBOROUGH 250 Consumers Rd. Suite 810
PICKERING 1550 Kingston Rd. Suite 202
NORTH YORK 1111 Finch Ave. W. Suite 207
MISSISSAUGA 165 Dundas Ave. W. Suite 307

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
MORTGAGE GENIE
www.mortgagegenie.org
416-667-9834

NEED MONEY?
✓No credit checks
✓Fast approvals
Call 1-866-499-5629
And get cash now!!
www.mynextpay.com

Need a loan?
PFS Bankrupt? Proposal? Bad Credit?
Get the LOWEST rates
for bad credit personal loans in the gta!
- Car paid off - up to $20,000 (6 years or newer)
- Personal Loan up to $5,000 (1 year on job; $16/hr. min.req.)

Prudent Financial Services
The leader in bad credit loans since 1984.
416-634-2013
PrudentLoanApprovals.com

MoneyProvider.com
$500 Loan and more
No credit refused
Fast, easy and secure
www.moneyprovider.com
1-877-776-1660

find us follow us like us
We're all over your city in more ways than one. Metro brings you breaking news and great reviews.
metro

PSYCHICS

I AM ILLUMINATED WITH THE MAGIC OF THE GUARDIAN ANGELS
Known for fast results and excellent query that will tell you all thanks to his gift of birth.
I CAN HELP TO RESOUL PROBLEMS LIKE:
Fix Up Your Divorce, Immediately Returns Of Your Love One. Filters Of Love, Impotence Sexual, Unknown Disease, Family Reconciliations And Good Lock In Exams And Projects. Specialist In Hidden Works, Remove All Witchcraft, Unblock The Luck And Protect From All Kind Of Enemies. I Only Accept Difficult Cases By Appointment Only.
Bring this ad and get 50% Discount!
Without false promises. Real testimonials.
Only ANGEL was able to liberated my family and home of witchcraft influence that my neighbor made against us, he had buried a fetish in our back yard to destroy us. Thanks ANGEL. BOBBY
Call Toll Free 1-888-407-9593

find us follow us like us
We're all over your city in more ways than one. Metro brings you breaking news and great reviews.
metro

DO NOT BELIEVE IN WITCHES THAT THEY EXIST. EXIST...

Shaman
- SHAMAN, INDIAN, GURU, HEALER OF BIRTH
- CONNOISSEUR IN ALL THE SECRETS OF THE ART OF THE LOVE, RETURN YOUR LOVE ON IMMEDIATELY.
- SPIRITUAL HEALING AND EXORCISMS.
- WE CLEAN HOUSES AND BUSINESS.
- I DO NOT HAVE MARGIN OF ERROR.
- 33 YEARS OF EXPERIENCE.
- I AM RIGHT WHERE OTHERS FAIL.
- "ANY PROBLEM HAS SOLUTION"
- "ANY ILLNESS HAS HEALING"

I am a retired widow and I have a good financial situation, but I can not have peace in my house I always hear noises and frequently all glass are broken. I was desperate until the shaman with their rituals and prayers performed in my house could remove all the bad energy, thanks SHAMAN I finally regained my tranquility. SUE

I HAVE THE SECRETS AND PRAYERS TO WIN IN THE GAMES. I SHOW YOU THE FACE OF YOUR ENEMY, TAROT, RUNAS, CARACOLES.
WE ALSO SPEAK SPANISH
100% GUARANTEE 647-349-7644

MORTGAGE APPROVED!
- 1st and 2nd Mortgage for any purpose.
- Purchase or re-finance up to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good, bad or no credit?
- Behind in Mortgage Payments?

CALL TODAY FOR DETAILS
HOMELAND MORTGAGE
416-913-9593
OR 647-273-5626
WWW.HOMELANDMORTGAGE.ORG
License # 11991

Debt Relief
Are you struggling with debts?
Let us help you:
- consolidate debts and make low monthly payments
- settle debts without bankruptcy, no interest
- reduce the amount to pay back
- stop harassing calls, letters & garnishments

Nona Ramcharan
Estate Administrator
Credit Counsellor
Free Confidential Consultation
Direct Line:416-455-7709
RUMANEK & CO. LTD.
Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Offices in North York, Scarborough & Mississauga
Tel: 416-665-DEBT

LOVE TO PLAY?
Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!
App Store metro play

like us metro
follow us metro

HELP WANTED

Education

All LANGUAGE CLASSES AT $7 / h
ESL, English, French, Spanish, and more.
TOEFL, IELTS, Math, Web Design at low fees
www.ccet.ca or call 416-926-0540

Skilled and Technical Help

SAMPLE SEAMSTRESS
Full time for designer gowns. Minimum 5 years experience. Must be able to speak English. Contact Laura at 416-977-1793 Ext. 26

SERVICES

Administrative

RESUMES, COVER LETTERS
92% SUCCESS RATE
416-755-9198
WWW.DBPC.CA

Music Classes

PIANO LESSONS
FOR ALL AGES
First lesson FREE!
416-574-8649

General Help

Seeking Full Time Representatives
to help keep up with our ever growing business demands.
Earn avg. of $800 per week.
No experience necessary.
Training provided for accepted applicants. Students welcome.
Scholarships available.
Fantastic career opportunities!
Call:416.290.6820

Change Your Career
Become an OSTEOPATH
- 4 months FT or 9 mnts PT classes
- zero unemployment rate
- avarage osteopath income: $90,000/yr
- student loan available
- class starting February 28

NationalAcademyofOsteopathy.com
416-635-6550
National Academy of Osteopathy

Legal

Free Family Law Information.
The Parent Information Program **(PIP)** offers FREE seminars that provide participants with information about the family court structure, the litigation process, the emotional costs of separation and divorce, and alternatives to litigation. PIP also helps participants to learn new skills to help them cope with separation and divorce. To register for a seminar or to get more information call 416-650-8104 or visit our website **www.pip.yorku.ca**.

like us metro

Psychics

Mr. IBRAHIM
AFRICAN PSYCHIC MEDIUM
I can help you out of despair.
Reunite lovers forever
Happy Marriage.
Stop divorce, stress & depression
Success in business.
Court cases.
Protection against evil
Remove bad luck.
Hopeless cases.
OVER 27 YEARS EXPERIENCE
QUICK RESULTS
BY APPT. 416-783-3910

ARE YOU SUFFERING?
WITCH, HEALER & ADVISER
I GUARANTEED HELPING YOU WITH THE FOLLOWING ISSUES:
- Attack, dominate and bring back your love one
- Remove all witchcraft and evil influence
- Readings: tarot, aura, tobacco, palm, etc.
- Finding solutions for money problems, bad luck and health
- Show you the face of your enemy

I ONLY ACCEPT DIFFICULT CASES
BY APPOINTMENT ONLY
647-717-2069
REAL TESTIMONIALS
Our love was the most important thing in our lives. However, a cousin of mine that was in love with me and I didn't know, was trying to separate us by using tobaccos, cigarettes' ashes and praying with an African Witch doctor. Thanks to our love, god's blessing and the Shaman's wisdom he wasn't able to achieve it.
100% GUARANTEED
LILIAM VERNON & PAULO SAMUELS

HOUSEHOLD SERVICES

Movers

INSURED MOVING COMPANY
Reliable, 24/7 Service , Small to Big Jobs, Commercial & Residential. Great Rates Call
(416)514-0257 24hr(647)857-9111

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

ANNOUNCEMENTS

Community Events

SOME ASSEMBLY REQUIRED

Do you have a competitive family? Do you have a friendly rivalry with a neighbour that you want to put to the test?
We're looking for fun, upbeat families with over the top personalities, who want to participate in a new challenge show for a major Canadian network.
Personality is key and we seek families that will really bring the fun and the energy!
If you think you or someone you know have got what it takes send us a photograph or video of you and your team along with a short description of why you would be a good fit to:
SomeAssemblyCasting@gmail.com
All eligible applicants will be contacted.

find us
follow us
like us
We're all over your city in more ways than one. Metro brings you breaking news and great reviews.
metro

ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.
REGISTER AT **CLUBMETRO.COM**
club metro .COM

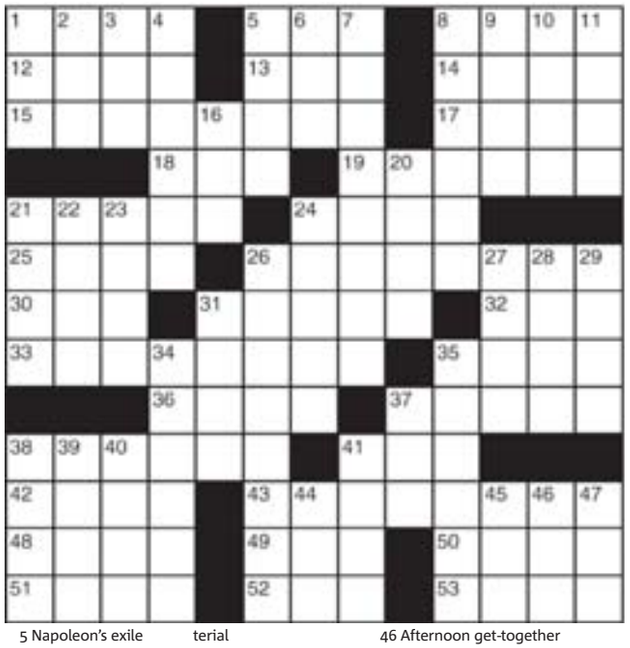
Condos, Townhouses & Duplexes Unfurnished

COMING SOON! Luxury Tridel Condominium
REVE at 560 Front Street West - Front/Bathurst
Visit our website for more information:
www.delrentals.com/toronto
or contact Kim Hayman at: kim@delrentals.com

DEL® CONDOMINIUM RENTALS

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Crossword



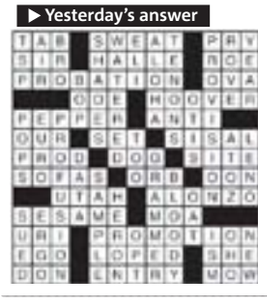
Across

1 Pro foe
5 Recede
8 Porridge-making Bear
12 Appear ominously
13 Zodiac cat
14 Couple, to gossipers
15 In all likelihood
17 Optimistic
18 Ms. Lupino
19 — tunnel syndrome
21 Diving bird related to the loon
24 Crazy
25 Exceptional
26 Pajama cover-up
30 Blackbird
31 Crazy
32 Started
33 Germs
35 Ran (from)
36 Gem used in cameos
37 Cecil's pal, on old TV
38 Hole-boring tool
41 Raw mineral
42 Exam format
43 Gymnasts
48 Toy on a string
49 Drag along
50 Stead
51 Soon, in verse
52 Lock opener
53 Verve

Down

1 Matterhorn, e.g.
2 Neither mate
3 Overly
4 Drink
5 Napoleon's exile isle
6 — canto
7 Refuses to do business with
8 Looking glass
9 On
10 Small plateau
11 — nitrate
16 Citric drink
20 Sore
21 Metric measure
22 Hindu princess
23 Attorney General Holder
24 Surgical glove material
26 Cooing, maybe
27 — podrida
28 Existed
29 Vortex
31 Skeleton component
34 Deodorant type
35 Weak
37 Sis' counterpart
38 Painter Francisco
39 Pressing need?
40 BLT spread
41 Mass revelry
44 Pool stick
45 Have a bug
46 Afternoon get-together
47 Major star

▶ Yesterday's answer



Sudoku

		1				8		
	3	9	7		2	4	5	
6	4						2	3
			6	1	4			
				5				
			3	9	8			
7	1						8	6
	6	8	4		1	7	9	
		5				2		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Everything
There are more than a trillion blades of grass and I only LOVE ONE!!! I LOVE you more EVERYDAY!!!!
FROM BLADE OF GRASS

Brim
Like someone told me, I cant wait to see where this house takes us next! Love you B
FROM J SHOOK

Roomie down the Hall 3 Germorda is coming to an end and I never would have guessed I would walk away with so much! No matter how far or in which country we end up next, we will always have 63 and you will always have me. Love you B
FROM ROOMMATE RULE BREAKER

Today 26°/19° Thundershowers 40%
Wednesday 26°/17° Showers 40%
The Weather Network Download WeatherEye to your smartphone.
©The Weather Network 2011

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will be enthralled by a radical idea, but you must not to act on it immediately.

♉ Taurus April 21-May 21 There is no point making a big issue of something that is really quite trivial.

♊ Gemini May 22-June 21 Aim to do something truly special today.

♋ Cancer June 22-July 22 If you start something new in the short-term it will bring you fame and fortune in the long-term.

♌ Leo July 23-Aug.23 Get out and about and meet new people today.

♍ Virgo Aug. 24- Sept. 22 You don't usually compare yourself to other people, so why start now?

♎ Libra Sept. 23-Oct. 23 The world is full of possibilities, so don't let negative thinking hold you back from experiencing and enjoying what life has to offer.

♏ Scorpio Oct. 24-Nov. 22 Any bad feelings you may be having about something you've said or done must be overcome.

♐ Sagittarius Nov. 23-Dec. 21 Under no circumstances should you back down or tone down your opinions.

♑ Capricorn Dec. 22-Jan. 20 If someone you work with demands that you conform "or else" today tell them to go jump.

♒ Aquarius Jan. 21-Feb. 18 Some people think you are bad. Others think you are mad. Actually you are neither. Be yourself, always.

♓ Pisces Feb. 19-March 20. You need to get tough with yourself about your financial situation.

SALLY BROMPTON

Caption contest

PAUL CHIASSON/THE CANADIAN PRESS

JOHN W. ADKISSON/ORANGE COUNTY REGISTER

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

FLIGHT CENTRE Unbeatable
Muskoka 2 Nights
$124◊
Residence Inn By Marriott Muskoka Wharf taxes & fees included
INCLUDES accom on the shores of Lake Muskoka. Price is per person based on a family of 4. Travel Sep 9, 16, 23/ggv.
1 877 923 2248 | flightcentre.ca
Conditions apply. Ex: Toronto. ◊Family special price is per person for quad occupancy (2 adults & 2 kids ages 2-17). Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ggv=gogo. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384 TICO

Medix School www.medixschool.ca
Your Tomorrow Can Start Today!
Apply Now! August Classes Starting in...
• Medical Office Assistant
• Community Service Worker
• Personal Support Worker
• Dental Hygiene
• Intra Oral Dental Assistant (Level I and II)
• Medical General Laboratory Assistant
Toronto Campus 1-866-970-9216 | Scarborough Campus 1-888-815-2283 | Brampton Campus 1-888-815-3187

PUCKER UP...VIRTUALLY!
Tell your friends, family or that secret crush just how you feel with a Metro Kiss...then share it with the world through Facebook and Twitter.
All kisses will appear online and a selection will appear in print too!
Visit metronews.ca daily to see who loves whom, or...who loves you!
metro

Coming to Toronto - 12 DAYS ONLY!

Tuesday, August 9th through Saturday, August 20th

EYEWEAR EXPO

TRAVELING DESIGNER FRAME SHOW

50% off ENTIRE STOCK

All Frames • All Lenses • All Options

Complete pair purchase required. Savings applied to lenses. See optician for details.

Only at
Queen Street
(416) 861-6201

the Bay OPTICAL

MKT CODE: NP